

Humankind Fundamental Teachings

part 1

Joachim M Werdin

Humankind Fundamental Teachings part 1

First edition, version 1.4.28; check for updates uploaded to Internet.

Published in April of 2020.

ISBN 978-83-940498-7-4

Written by Joachim M Werdin

To contact the author:

WeChat: joachimwerdin

Skype: joachimwerdin

Minds: JMW

email: jmw {at} rosperos {dot} com

youtube: youtube.com/user/joachimwerdin

The copy right belongs to the author but, I state here now, once for ever, that I let you do whatever you want to do with this book, and there is no need to ask me for any permission. The more you share, the more people benefit.

When I am teaching in my seminars, I explain much more compared to what is written in this book. If all would be written here, this book would be several times larger. I encourage you to participate in my seminars to learn deeper.

The price of this book – your donation.

Having read this book, feel how valuable it is for you. If you can translate this value to money, I would appreciate your donation to my WeChat, AliPay or Paypal www.paypal.me/joachimwerdin .

If you prefer to recompense me in other ways, please, let me know.

Master, welcome in Life; let us start the play.



SOME SINCERITY

Master, I hope that you do not really believe the title page of this book; do you?

No? Very good! Do not believe, because it is an advertising trick to catch your attention and make you interested in reading this book.

On the other hand, it is a fact that this book contains some fundamental teachings which were given to humankind by exceptionally wise teachers. Regardless of whether they were legendary or true men, humankind made some of those teachers so famous that their names and teachings are now worshiped worldwide. The interesting fact is that those teachers were talking to people about the same fundamental things. In other words, those teachers were disseminating some fundamental information which is essential for understanding and managing Life consciously.

Those teachers appeared in different places and different times; however, while teaching they were using different terms and explanations for same things. This is the reason why most people misunderstand ancient teachings and maybe even quarrel with other researchers or readers. In order to avoid misunderstanding and to explain some fundamental ancient teachings in this book, I do not use terms used by those teachers of humankind. Where I find it possible, I use commonly understood terms or give new terms with definitions.

Let me make it clear from the beginning – I beg you, I order you, I warn you, I frighten you, I advice you ... whatever... in anyway, I state it here as follows.

Please, do NOT ever believe even one word written in this book! I repeat and emphasize. Do NOT believe me! If you do, you may go wrong way and get lost, thus you will suffer. I really do not want you to believe me.

I wish that you do think yourself logically, do your own research, meditate information and experience it, so that you can build your own knowledge.

Why do I want you to read my book? Well, because I would like you to:

- stop following ideas from other people, but fully think yourself;
- rely on and use your unlimited Inner Power;
- get rid of your harmful beliefs;
- end your unawareness and slavery;
- educate yourself consciously;
- live in accordance with nature.

I guess that you do not fully understand what I mean. That is OK for now. The path of changing your awareness from ‘enslaved, unaware sheep’ to ‘enlightened Master Creator of Life’ requires some effort and time.

Yeah, I sincerely admit that I may use some rude or even offending expressions in this book. You may feel that. Why do I do that?

My intention never is to be rude or to offend anybody. I just want to make you hear me, pay good attention or even meditate about issues that make you suffer in your life. Please, do not feel upset or offended. Please, do not misunderstand me. Forgive me to talk emotionally. OK?

Why would I share with you information which may help you to achieve the goals stated above? In fact, a lot of information which you will find in this book is banned from public schools. This information is destined only for the elites, not for the slaves or sheep. I feel that is more beneficial for the humankind to know this information, to make it public.

What I am going to teach here is just some basics. If, having read and meditated the entire content of this book, you decide to know more, really become fully enlightened Master Creator, then ... to make a long story short ... you need to go with me to nature in order to practice, maybe

even do some unusual, crazy or dangerous exercises. Usually we do that in my advanced seminars in nature.

WHO AM I ?

Well, if you care to, feel free to define me for yourself. You can put any label on me, depends on how you describe or judge me. Be aware that whatever label is put on me, that is not me, for sure. Sincerely, I do not care so much what labels people glue on me. One thing is clear and sure for me, I am not who people think I am nor who they expect me to be.

WHAT AM I AND WHAT DO I DO ?

I am just a simple, ordinary man, nothing really special. As such, I look, feel and behave like an average inhabitant of this planet. It is my choice to be a common man, so that I can experience human life on Earth.

I have been studying Life which includes sciences, religions, philosophy, beliefs, people and nature. I have been experiencing myself, using my body and psyche as laboratory tools, which made me suffer or enjoy all the time, and which allowed me to observe Life deeper.

While building my knowledge, I also share it with other people. I teach, which means, I share information from my knowledge, speak what I believe and instruct people to do exercises.

Why do I do all of that, including this book?

Well, I feel that fully answering this question by writing or talking is impossible. You would need to use telepathy to communicate with me, if you really care to understand me. Explaining intellectually, I would say that this is how I play this game titled “Life”.

In this game, myself (as body and mind) represent a character of a man who shares with people the basic knowledge of living, so that people can easier achieve the goals stated above. I like to sustain the game of Life and create new ones. I also like to see people grow, consciously develop themselves, experience expanding awareness, because I Love people.

WARNING

If you are a serious practitioner or follower of any religion, faith, philosophy system or you follow a master, please think twice, reconsider whether to continue reading this book. If you do continue, you may feel deeply hurt or angry or even hatred can arise in you. The deeper you are in any of these belief systems, the more difficult it may be for you to understand this book, and the stronger emotionally you might explode.

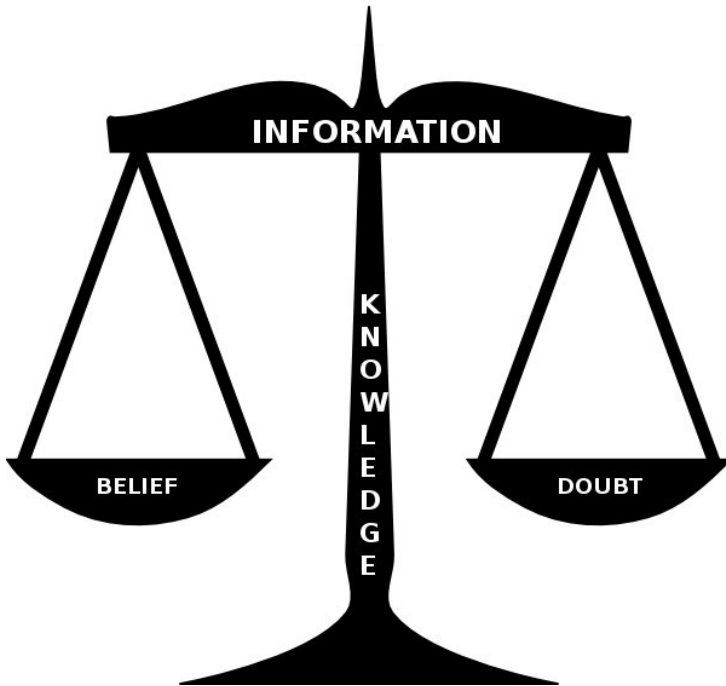
I suggest that you stop here. Do not read this book. You may not be ready yet. Go back to you belief and continue your chosen way.

However, if you do not accept my advice and you decide to risk, whatever later happens to you, all of that will be the result of your decision. Using a popular expression, I would say: it will be your fault and problem, I will not feel sorry for you.



INFORMATION, BELIEF, KNOWLEDGE

Most people do not understand the significant difference between these three terms. This is why, almost everything that people think they know, is not what they know, it is what they believe. Let me explain in detail.



INFORMATION

Information is any data that you become aware of, perceived by your body senses that is the five material senses of the flesh and the senses of your spirit. If you had no senses, you would not be able to receive any information.

Some examples:

- How do you discover when it is hot, humid, windy, etc.? It is your body touch sense that sends data to your body nerve system.
- You can hear music, dog barking, thunder sound and people talking because your body hearing device delivers data to the nerve system.
- Books are written, films are produced, sport arenas are built because the human eyes are visual communication devices that perceives visible data.
- Suddenly you feel different, maybe strange, because your mood changed for no apparent reason as if this happened from within yourself – this may be caused by data coming from senses of your spirit. Telepathy works in this way, senses of your spirit perceive and transmit data in the immaterial world.

All your senses perceive and send data to mind for processing. Very small amount of this data is noticed by your intellect; in other words, you become aware of only a tiny amount of data which was processed by your mind. The rest is stored in your memory; it can be called ‘unconscious’ or ‘subconscious’ information.

Usually, when people say ‘information’, what they mean is what they have seen or heard, that is data perceived by their eyes or ears. I also do not want to go too deep in scientific details explaining data and senses; therefore, from now on, when I write ‘information’, I usually mean what we see and hear.

BELIEF

Everything that you read is just information, regardless of its source. It may be an article on the Internet, a chapter in an ancient holy book, an announcement on a shop window, etc. – all of that is just information, not your knowledge.

Everything that you see and hear on TV, Internet, cinema, etc. is just information, regardless of its source.; that is not your knowledge.

When information comes to you, you can believe or doubt it. You are probably aware that most of information published by the of mass media is, at least, inaccurate. A lot of information published in historical and scientific books is also inaccurate, sometimes it is lies.

When you notice information, you can choose – to believe or doubt it. You believe when you suppose that information is true. When you suspect that information is not true, you doubt it.

Belief and doubt are things that you do not know, so they are not your knowledge. What you read or see is not what you know. Let me give you two examples.

Let us imagine that you read something in a worldwide recognized, highly respected so-called holy book. What you read is just information, it is not your knowledge, therefore you should not say that you know that. You can say that you believe or doubt that.

Let us imagine that you are watching a science documentary film. For you, the content of the film is information only, it is not your knowledge. Again, you can say that you believe what was presented in the film, but you do not know it, although you know what you have seen.

Do you get the point? You know what you have read and seen but information contained in these sources is not your knowledge. That is only information which you can believe or doubt.

It is quite possible that the author of a book wrote all the content from their knowledge. In other words, the author really knew the material, so it was their knowledge, not a belief.

It may be the same in case of a film. The film director was based on their knowledge, not their belief, while producing it.

What I want to emphasize here is that information may come from the knowledge of those who have published it. However, according to results of my research, most information is publish based on beliefs of authors, not from their knowledge. People believe something, they may be sure that it is true, so they spread this information.

Be aware that, regardless of the source, what you see and read may not be true. Regardless of whether it is true or not, this information is not your knowledge, it is still information for you. As long as you do not know, you can only say that you believe or doubt that information. In other words, you can believe or doubt information which is true or false, because you do not know it.

KNOWLEDGE

When you become interested in some information, you can decide to check it out. The more you experience this information, the closer to your knowledge it becomes. What you read or see is not your knowledge, it is just information, but when you take this information, research it, work with it, experience it with all your senses, then it may become your knowledge. Knowledge is a structure which you have built on your experience and then stored in your memory.

Now, let us check whether you understand my explanation. Would you like to answer questions?

1. Your friend, who is calling you, says that he is working in his office. Can you say that you know where your friend is and what he is doing?
2. There is an article on the Internet popular science site describing an unusual weather phenomenon. It includes a photo which illustrate the phenomenon. Having read the article, can you say that you know

what the weather phenomenon was?

3. It is written in a biology study book that man cannot survive without drinking water longer than 7 days. Do you know, how long you can live without drinking any water?
4. Your mother told you that she gave birth to you on the date x. Do you know who gave birth to you and when?
5. Do you know the shape of the planet Earth?
6. A widely respected, so-called 'holy book', contains a sentence of a world-wide worshiped figure XYZ who said "xxx xx xxxx xxxxx." Do you know whether XYZ existed and what they said?

There are endless examples where people say that they know, but in fact they do not know, they believe. In all of above questions, the proper answer is "I do not know." (Unless you really did know.)

If you say that you know, then I ask you – How do you know? Was it because somebody told you? Did you find it written in a book? Well, all of these is not your knowledge, it is information only.

Shocked? Vast majority of people even do not know who gave birth to their body, when and where it occurred. Of course, when you ask them, they answer that they are sure, it was their mother; but still, they cannot say that they know, unless they really clearly remember their own birth.

Knowledge cannot be given to you. Knowledge cannot be read or seen. Knowledge has to be built on your own experience. When you have information, you need to see it, hear it, smell it, touch it, taste it, etc., maybe many times in different circumstances. This is how you build your own knowledge. Then you can say that you know. This process may be instant or it may take a long time.

Knowledge stored in your memory is eternal and can be retrieved. While retrieving your knowledge, you can share it by writing, talking, drawing, or in other ways. That is your knowledge which you are sharing, but for

the others it will be information only. You cannot give them your knowledge.

One more important thing. Knowledge is relative. Several people can have different knowledge about the same thing. For example; imagine that you are sitting in a small room with two friends. Then you say, from your knowledge “It is quite warm here.”. This is true for you, you really feel warm, that is your clear experience.

Your friend says “It is cold here.”. That is true, he knows what he feels, so he is talking from his knowledge.

The third friend says “It is just right here, very comfortable.”. He feels his body so he knows what he says.

You see, three people talking from their own knowledge, but they state differently about the room temperature affecting their bodies.

Remember, knowledge is relative. What you know about a subject, does not have to be exactly the same what others know about it, although all will speak truth. Due to this reason, also due to other reasons, truth is relative. You are the source of your knowledge and truth.

I hope that now you understand me better, why I have insisted that you do not believe what you read in this book. I really do not want you to believe me. Although I may talk from my knowledge in this book, my knowledge is not yours, and my truth is not yours. I share my knowledge and my beliefs with you. I am glad that you pay attention to it, but in order to know, you need to research and experience, to build your knowledge.

a belief or a doubt = lack of knowledge

I believe. = I do not know but I suppose that it is true.

I doubt. = I do not know but I suppose that it is false.

You should believe. = You should not know.

- When people ask you to believe, they may not want you to know. When they ask you to strongly believe, they may be scared that you may know.
- Religions are based on belief, not on knowledge. To be a good follower of a religion, you must “strongly believe” which basically equals to ‘must not know’. Why? Obviously, the moment you find out the truth, you free yourself from the trap of a religion. “The truth sets you free.” – is it not?
- A belief and the truth are opposite things. The conscious man knows the truth, never believes it. The unconscious man believes something, which may be true or false, they never knows it.

FALSE INFORMATION

Now, when you are more aware of what is the difference between information, belief and knowledge, let me warn you once again. I share what I have found out, because I consider it to be very important, although I suppose that this warning may be shocking for you.

When I look at many web sites on the Internet, dedicated to and explaining so-called spiritual teachings, I see so much false information. When I listen to so-called masters or enlightened teachers, I hear so much false information. When I read books written by famous authors, who are widely advertised as enlightened masters, I see so much false information.

Be aware, that masters and teachers, enlightened or not, famous or not, are known for disseminating false information, this is because they often teach what they believe.

Let me tell you straight, because in my opinion this is really important, do not behave blindly like a sheep. Mainly what I mean, do not allow others to feed you with false information. Stating it simply, do not blindly

believe what you read, hear and see. It is worth to pay attention to some information but believing or following it may cause harm. Therefore, I suggest that you check it out on yourself and see how it works for you.

Every man, regardless whether they are a homeless drunk or the most respected master, spreads true and false information during their life. Therefore, when you blindly follow their information, you may be wandering on your path of conscious self-development.

KARMA

Karma is a Sanskrit word which became popular all over the planet. It can be analyzed from two points of view, one is scientific, the other is religious. The scientific definition is Newton's third law, also known as the law of action-reaction, which states “for every action there is an equal and opposite reaction”. You can find detailed explanation of this principle in physics books.

Karma is an important part of Buddhism and Hinduism; as such, it is an example of a widely spread belief. According to this belief, whatever you think about, say or do to other being, mainly man, will come back to you. Especially when you do something “bad” or “good”, it will return to you. Therefore it is suggested that you do “good” in order to accumulate a lot of “good” which you will experience later in this or next life. This belief of ‘your actions will cause reactions which will affect you’ is present in many religions.

Christianity does not use the term “karma” but there is a very similar concept where God rewards people for doing good deeds and punishes them for sins. Besides that, there are many citation in the Bible, with one being most famous – “You reap what you sow.” – which essentially preaches what Hindu and Buddhist karma teaches.

As you can conclude, religious karma is based on judgment. You need to judge thoughts, words and actions whether they are “good”, “neutral” or “bad”. There is no religious karma where there is no judgment.

Hence judgment is based on belief, you first have to believe that there are good or bad deeds. Therefore, first, deeds have to be defined in two categories, good and bad, whether by you or by others. If you accept definitions of others, what is good or bad, then you follow their beliefs.

In practical life, if you do something which is “good” to other man, they will be inclined to recompense you with something commonly judged as “good”, whenever there is an occasion to do that. If you understand how the mind works, then you will see how programs built in instinct, running judgments, function and interact between people. These programs can be called karma software.

In your culture, some actions are programmed to be judged “good”, but in other cultures exactly same actions are programmed “bad”. Besides that, in some circumstances an action can be “good”, but it becomes “bad” in other circumstances. Then, how karma works in these cases? Well, the results of the actions will depend on the judgments of people involved in those circumstances.

As you can see, the religious karma is just programming found in instinct. Manipulators use their knowledge of your instinct in order to create your beliefs and make you to follow them. They need sheep. Do you want to be one?

STARTING FROM NOTHING

A long journey starts with the first step, with just one step. I could start this book from it, but, I like to be more precise and scientific. I like to research deeper, therefore I prefer to start with what is before the first step, at the very beginning. You may need a solid foundation, on which all is built, from which all derives, originate.

What digit is before 1? I guess that you are good enough in mathematics to know the answer – 0 precedes 1. This is our starting point. Sometimes, instead of “zero” people say “nothing”, so let me start from nothing.

I am introducing a new term for “zero” or “nothing”:

The Consciousness.

THE CONSCIOUSNESS

Let us start a story about the most misunderstood thing in this universe. First, let me ask you – what is ‘nothing’ or ‘zero’? Have you ever seen it? Can you imagine it? Please, do, imagine ‘nothing’, imagine ‘zero’.

What do you see?

No ... come on ... do not try to explain to me ‘zero’ or ‘nothing’, for sure, you will fail. Why? Whatever it was that appeared in your intellect, when you tried to imagine ‘nothing’ or ‘zero’, was something. Something is not nothing.

Confusing; is it not ? Indeed, there is no way for the intellect to imagine or understand ‘nothing’ or ‘zero’. The intellect is a part of your mind; it is designed to deal with data, which means to deal with something. So, do not expect the intellect to deal with what it was not designed to do.

Normally, man cannot imagine what ‘nothing’ or ‘zero’ is, thus they cannot explain it. There are methods to make the intellect understand these terms, I will explain them later.

As I just mentioned, this is a story about the most misunderstood thing in this universe. By the way, you probably know how funny people are. If they cannot understand something, they will create a number of stories and explanations about this thing. They will also give this thing names. This activity is called philosophizing.

Throughout the history of civilizations, the number of stories, explanations and names of the unknown thing will grow and grow. Thousands of years later, when you want to find the truth, you may be very confused, unless you are enlightened.

Have a look at these examples which are some names given to this unimaginable and unexplainable thing:

Nothing, Zero, Vacuum, Dào, Brahman, The Absolute, Nothingness, The Source, Ultimate Reality, Big Void, Pre-Origin, The Unconditioned Ultimate, Big Bang, God, The Universal Mind, The Cause, The Principle, The Universal Consciousness, The Universal Intelligence.

Imagine that while studying, you encounter these and other terms meaning the same thing. Can you get confused? Sure. This is the reason why there is so much misunderstanding in this topic.

I like clear explanations. I do not like to use philosophy to explain things. I prefer clearly explained definitions. In order to avoid confusion, I have decided to name this unimaginable thing: The Consciousness (capital T, capital C).

From now on, whenever I mean this unimaginable, unexplainable thing, I will use only this term: “The Consciousness”, TC is its abbreviation.

What is The Consciousness? Well, normally man cannot imagine or explain The Consciousness but ... of course, we can try. Let me talk about it more, so that you might grasp some ideas about TC.

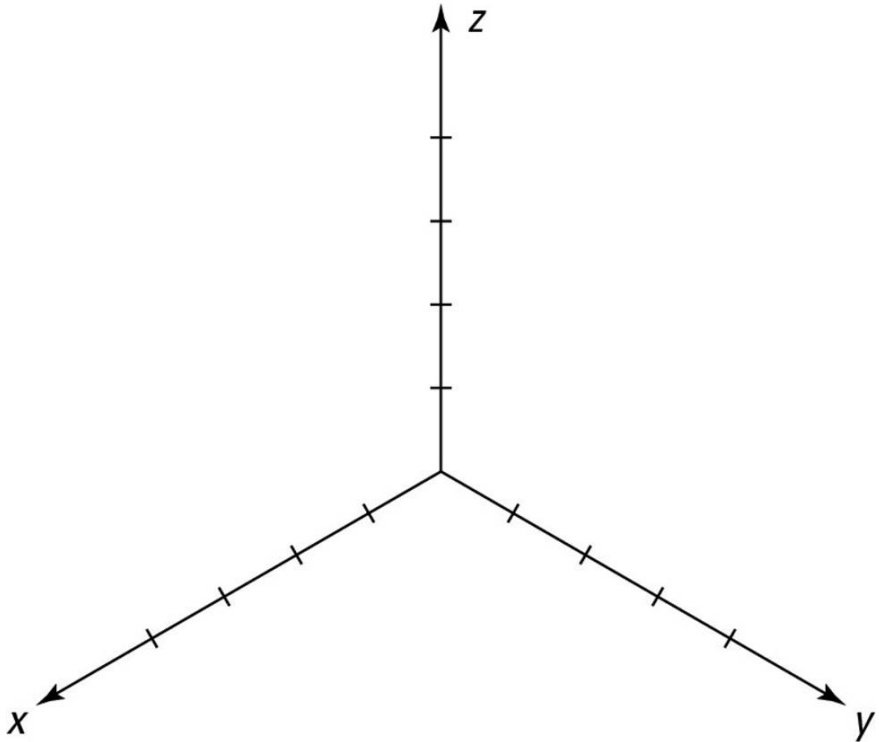
Later, when you will be able to switch your mind to enlightenment, your intellect will be able to comprehend The Consciousness, then you will know. Although you will know, when you will want to explain it to others, they will misunderstand you.

Anyway, let me continue my description. How about a picture? Obviously, The Consciousness cannot be represented by a picture; however, if I insist to show you something as close as possible, what kind of image would I create?

Look at the next page:

What is on that page? You can answer ‘nothing’, ‘black page’ or ‘blank page’. This is the closest I can draw to graphically represent The Consciousness. In this book, from now on, a black page or background represents The Consciousness; please, remember.

I can imagine that you still do not get my point, what The Consciousness is, so I want to continue my description. This time I choose an example from mathematics, which is logical and easy to understand, I hope. Look at this diagram.



The X, Y, Z axis can be divided and numbered in many different ways and units, for example: 1, 2, 3 ... Whatever measure we use, whatever division we make, the axis start in one specific place which is their

beginning, their starting point, their origin. What do we call that point? Of course, it is 0 (zero).

Zero is the foundation of the entire XYZ structure, it is the point from which counting extends to infinity. We could also say that without zero the entire XYZ structure would not exist.

Think about it – zero, which we often call ‘nothing’, is the foundation, origin, beginning of this entire structure. If I wanted to philosophize, I would say that zero is the origin of the grandiose science of mathematics! Wow! Everything originated from nothing!

Do you understand? No? That’s OK, you may not understand unless you are enlightened, but you can continue reading. ☺

This is how I compared The Consciousness to zero by using a mathematical example. Let us continue further.

Assume that the XYZ axis diagram represents reality or things that exist in life, for example, distance, temperature, weight or amount of money, food, land or degree of understanding, emotions, thinking. All of that can be somehow measured, all of that can be zero, all of that can grow. If we assume that, then again, we may notice that the beginning of all that is ... something that do not exist, nothing, nothingness, zero or, as I have named it, The Consciousness.

The Consciousness cannot be imagined and explained but it is the origin, the foundation of everything.

Now, do you understand? Still not? That’s great! You may not understand unless you are enlightened, but you can continue reading. ☺

If you insist to understand The Consciousness, you need to get rid of your intellectual activity. To be exact, your intellect must become completely

passive and all your senses must be switched off. Then, if you do not fall asleep, your intellect will become aware of what The Consciousness is. How to do that – I will teach you later. Let me continue with the explanation.

As I mentioned before, throughout the history of humanity, there were teachers who talked about The Consciousness. When you analyze some ancient scripts, you may find text describing TC.

For example, in the Chinese history, you find Dào Dé Jīng (道德經), where The Consciousness is called Dào (道). In this scripture, the explanation of TC is very short: 道可道，非常道。

Although there are different translations of this short sentence; in my opinion, it cannot be logically translated to English; a story must be told to explain it.

Although it is impossible for the intellect to imagine The Consciousness, because any such attempt creates limitation, but just for the sake of an intellectual visual exercise, please, imagine something that is not and does not have any:

origin, limit, cause, life, result, light, dimension, space, time, power, energy, knowledge, feeling, emotion, ability, movement or any thing that you can or cannot imagine.

Huh! How to imagine such a thing. Once you start to imagine, it is not that thing. Well, I am aware that The Consciousness cannot be imagined. Nevertheless, let me continue.

As much as it may sound strange to you, The Consciousness is none of the above mentioned things and does not contain them, but at the same time, all of those things originate from The Consciousness. Quite similar to the XYZ axis explained above, all originates from 0 (zero). In other

words, we can say that any:
origin, limit, cause, life, result, light, dimension, space, time, power,
energy, knowledge, feeling, emotion, ability, movement or any other
thing that you can or cannot imagine, originate from The Consciousness.

If you are not completely confused now, I admire you, you are probably
an enlightened man or close to.

If you are confused, I also admire you for your persistence to continue
reading. Please, read further, you will benefit much, not now, later.

Let me describe the same thing in other words.

The Consciousness is almighty, all-knowing, all-existing, all-originated,
and all the other 'all-'. The Consciousness creates all causes, all life, all
matter, all spirits, all processes, all essences. All of these and anything
else have The Consciousness in their origins. The Consciousness is
everything and nothing that you are able and unable to imagine.

Huh, now I have lost myself – this is philosophizing. Anyway, read more.

I mentioned a few times that it is impossible to comprehend
The Consciousness intellectually. I could compare The Consciousness to
an engineer, and a machine to intellect.

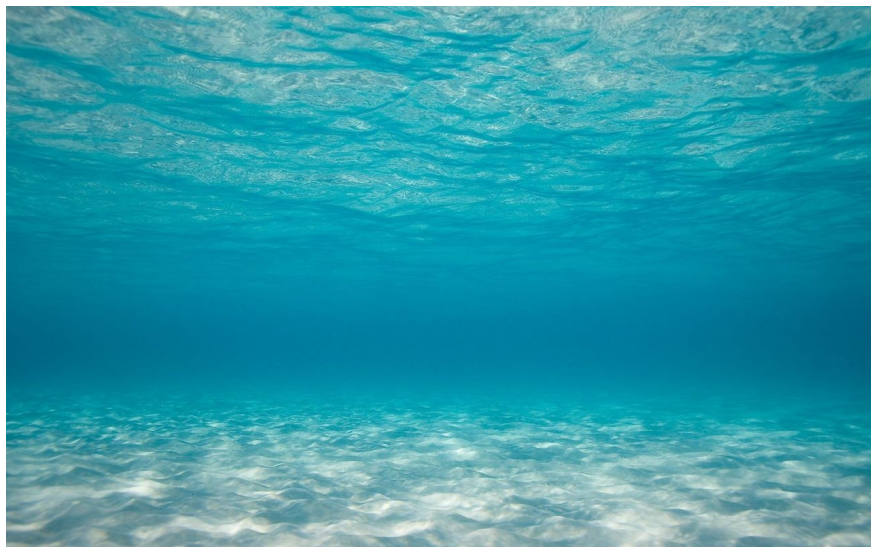
This machine wants to comprehend the engineer who built it, but it does
not have any tool which is necessary for thinking. In the same way,
intellect does not have any tool capable to comprehend what
The Consciousness is.

Then, what is The Consciousness?

It can be depicted in various ways. Every description of
The Consciousness is false, it is only a depiction of an image in intellect.
When you leave intellect and enter intuition, you can perceive
The Consciousness. However, upon returning, you will know that you are
not able to grasp and describe The Consciousness intellectually.

Throughout the history of humanity, enlightened teachers who endeavored to explain The Consciousness, were misunderstood. I am aware of that. Nevertheless, from a different standpoint, I want to give you a simplified description. This one may be more graspable.

Imagine an ocean without any limits in space and time. In other words, this ocean is always everywhere. If we assume that there is anything else, that would be in the ocean, of course. To simplify the image, we can also say that everything that exists, is in the ocean.



Now, if you could imagine that you are looking at this ocean, you would know that this ocean is not life, time, space ... (all listed above). However, you would be aware, that all of those things are found in the ocean. We can say that they are able to emerge from the ocean, therefore the ocean would be their origin. The ocean, which is none of those things, can be the source to any of them.

If you are reading with sufficient attention, you noticed that on one hand I explain The Consciousness as nothing or zero, on the other hand I describe TC as everything. You have two mutually opposing descriptions.

Well, be aware that none of these two is correct. Descriptions are attempts to make you grasp the idea, but whatever you imagine that The Consciousness is, you are wrong. However, meditating both descriptions may help you to become closer to comprehending The Consciousness.

Keep in mind both of this images; later, when we talk about IAM, mind and Life, you will be able to understand deeper.

IAM

I acknowledge that until now I was philosophizing, because how am I to explain the inexplicable The Consciousness? Anyway, from now on, I am going to be more precise, more scientific and more based on physics. In order to realize that, first I need to define something concrete, a plausible thing that we can understand and deal with. So, where are we going to take that thing from? What would be the simplest thing to start with?

The Consciousness is not plausible, so we need to create something that we can deal with. We need to do the first concrete step. In other words, there is a need to create the most basic unit. Having such an unit, we can deal with it as we do with a concrete thing.

This situation could be compared to the XYZ axis. If we stay only at its 0 (zero), what can we do beside philosophizing? In order to do something more useful, we need an unit.

For this purpose we create 1 (one), the most basic unit, and we mark it on the X, Y, Z axis. Having 1, we can do all sorts of operations with it; for example, to produce unlimited array of numbers by mathematical operations. All of these operations will be logical and understandable by the intellect; there will be no need to philosophize.

In fact, the XYZ axis was only a comparison for easier understanding. I did not want to get stuck at The Consciousness and philosophize any longer; that is why I created something concrete in order to step out and continue the story.

In fact, I do not need to create anything because the basic unit always has been there. What I needed to do is to give it a name. I have given it the name IAM (capital I, capital A, capital M written together, to clearly

distinguish it from ‘I am’).

IAM is the primary thing which emerges from The Consciousness. IAM is the source or the basic unit upon which everything else is built. Having emerged from The Consciousness, IAM becomes the origin of Life. However, I need to emphasize it, **IAM is an illusory or imaginary piece of The Consciousness**. How? Let me make another comparison.

Let us once again consider the limitless and timeless ocean example described above. Logically thinking, this limitless ocean consists of infinite number of droplets. In your imagination, when you look at this ocean, you do not see the individual droplets, of which some can be as small as a simple H₂O molecule, but you know that they are in the ocean water.

In this ocean example, IAM is compared to a droplet. The ocean is The Consciousness and a droplet is IAM. Be aware that although we talk about shapes and amounts to make the imagination easier, in fact The Consciousness and thus IAM are not bound by space or time. Later you will learn that space and time are created in the mind.

To make understanding easier, I compare The Consciousness to a limitless ocean, and IAM to one of ocean droplets. Once again, I emphasize, please do not think in terms of dimension, universe, space, size or time because The Consciousness is not bound by anything, thus IAM is not to.

To continue, imagine that you ask one of these droplets: “What are you?” The droplet can give you one of these answers:

1. I am the ocean.
2. I am an individual droplet.

Both answers are right but they emphasize a point of view, a choice made by the droplet.

The ocean and droplet serve as a comparison, in fact we are dealing with The Consciousness and IAM. The question is directed to IAM, therefore the answers would be:

1. I am The Consciousness.
2. I am IAM, a separated individual.

IAM is one with The Consciousness similarly as a droplet is one with the ocean. IAM exists within The Consciousness similarly as a droplet exists within the ocean.

IAM and The Consciousness are the same thing, but they are seen differently, considered differently and perceived differently by the intellect.

IAM is an imaginary piece of The Consciousness. IAM would not exist without The Consciousness and The Consciousness would not exist without IAM. In the same manner you can imagine that a droplet would not exist without the ocean and the ocean would not exist without droplets which constitute it. Can you imagine all of that without paying attention to space and size?

Although we say that IAM is one with The Consciousness, IAM may imagine that it is not The Consciousness. IAM can create an illusion that it is a separated individual entity.

This is where all the fun, called Life, begins. IAM can be considered something real, something which emerged from The Consciousness and becomes separated entity. The Consciousness can be considered something unreal, unimaginable and impossible to understand.

Why do I insist that you understand IAM? I do because I want you to be aware that **IAM is the essence of every being**. IAM is the creator of everything that comprises any being and its life.

The Consciousness



I A M

Your body is not you; your mind is not you; these two are your tools. What are you? **In your essence, in your origin, you are IAM.** Man is a being that is created by IAM. The same goes for every other being.

IAM creates the mind, and the mind creates the rest that is called Life, which includes dimensions, energy, matter, thinking and so on. I will explain this in detail later.

If I insisted to graphically present how IAM is emerging from The Consciousness, I would make a picture which follows. You can see the black background again, representing The Consciousness. Then, you can imagine, as the picture suggests, that something expands from within The Consciousness, from an undefined point.

If you think as a scientist, you probably could compare this picture to an image presenting the “Big Bang”. Religious people would compare this picture to the creation of the world or Life, showing how Light appears from nowhere and expands.

Indeed, the idea of creation or origin of Life or universe has been present in religions and science.

Throughout the history of humanity, while explaining IAM, teachers gave it different names. You remember that the teachers did the same while teaching about The Consciousness. That is why, when you study ancient or present teachings, religions, philosophy etc., you can find different names describing IAM; this often is quite confusing. Here are some examples of names for IAM:

God, The One, supreme I, higher I, super-consciousness, The Origin, The Creation, The Supreme Being, The Absolute Truth, The Source of Life, The Existence.

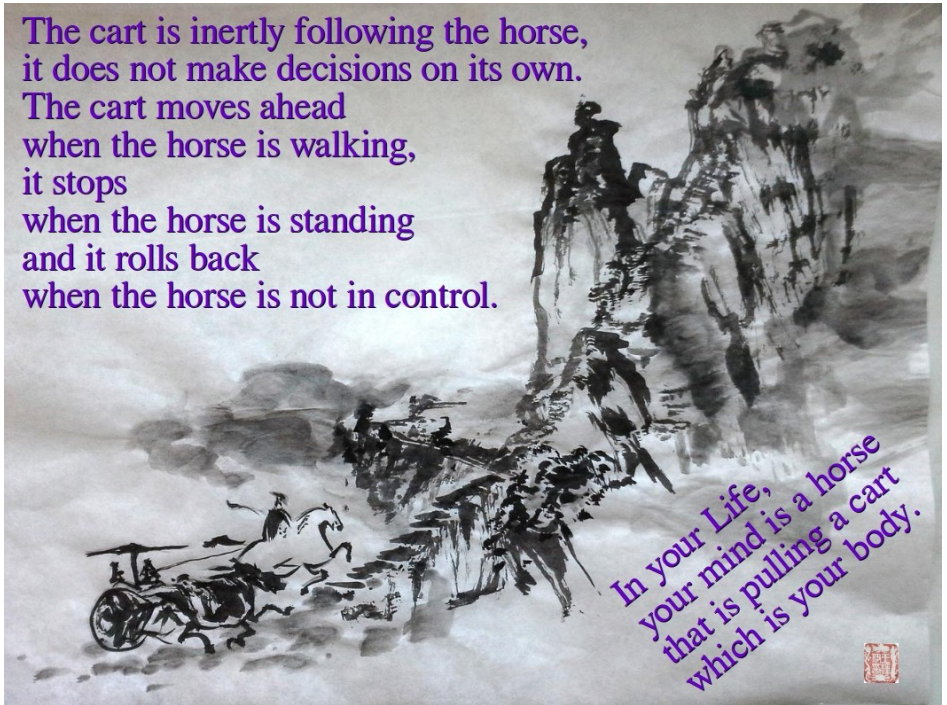
Especially in ancient scripts, you can find stories about IAM, how it is created, how it emerges from The Consciousness. I will take an example

from Chinese history again, from Dào Dé Jīng (道德經), where IAM is called Yī (一) which translates to One. In this scripture the origin of IAM is described in one short sentence: 道生一, which, if literary translated, would be: Dào gives birth to One. Following the terminology from this book, the translation is: The Consciousness gives birth to IAM.

To make a long story short, just remember that IAM is the essence, the creator or origin of every being. **Your body and your mind are not the real YOU, they are your tools.** Those tools were created by IAM. The same is true about every man, animal, plant or any other being.

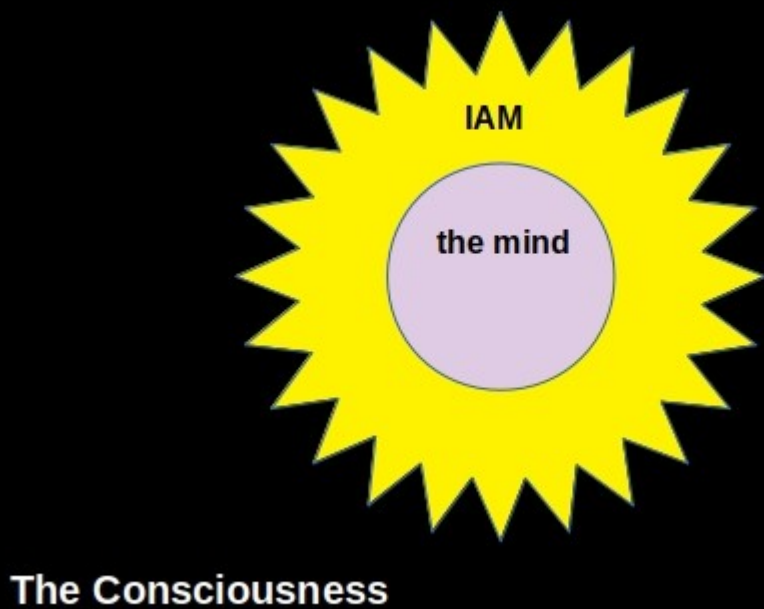
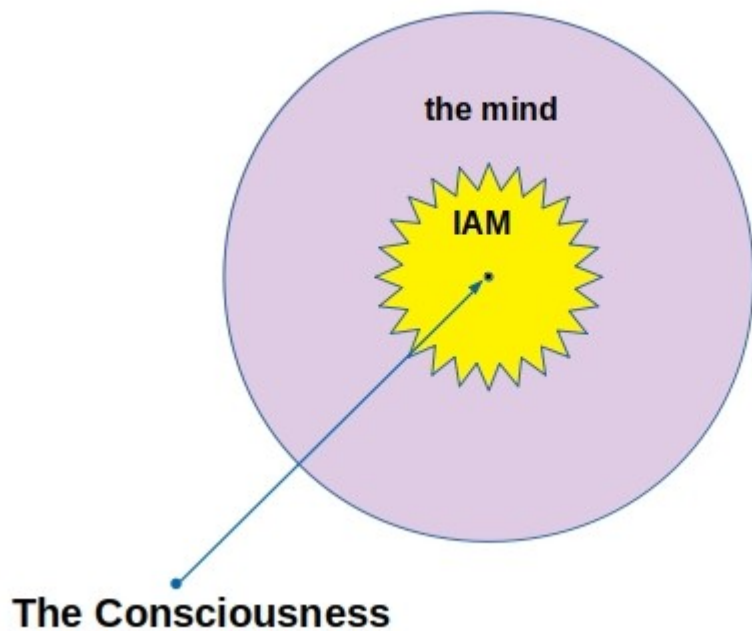
THE MIND

The cart is inertly following the horse,
it does not make decisions on its own.
The cart moves ahead
when the horse is walking,
it stops
when the horse is standing
and it rolls back
when the horse is not in control.



In our daily life, we do not feel that we deal much with IAM or The Consciousness, but most people are aware that we extensively use the mind. The mind has created, and now sustains, your body in Life. Knowing your mind structure and functions, makes you more aware of Life and allows you to design it. Here, I explain it in detail.

The Consciousness creates IAM, then IAM creates the mind. In other words, the mind is built by IAM which first emerged from The Consciousness.



These two drawings present this structure visually. Both drawing can be considered correct because The Consciousness, IAM and the mind are not defined by dimension, space or time. Therefore, in order to help the intellect to imagine The Consciousness, we can draw it as an infinitely small point or as something occupying the entire space.

You can imagine one of these processes:

- IAM expands from a point of The Consciousness, then the mind expands from IAM (upper image);
or
- IAM appears within The Consciousness, then the mind is created within IAM (bottom image).

Whatever you imagine that process, be aware that The Consciousness is the origin from which IAM appears, then IAM creates the mind.

This sentence describes something very important, the pre-origin of Life, which will become clear to you later. For now, I take another example from the Chinese history, again from *Dào Dé Jīng* (道德經), where the mind is called Èr (二) which I translate to Two. In this scripture, the creation of the mind is described in one short sentence:

Dào Shēng Yī (一生二), which, if literary translated, would be: One gives birth to Two. Following the terminology of this book, the translation is: IAM creates the mind.

As I just mentioned, this sentence describes the pre-origin of Life. In order to understand what Life is, you need to know much more about the mind, what mind consist of and how it functions.

Look at the next picture which presents the structure of the mind. I intentionally expanded IAM as if I zoomed in it, to clearly show what is inside. Remembering this structure is very important for understanding

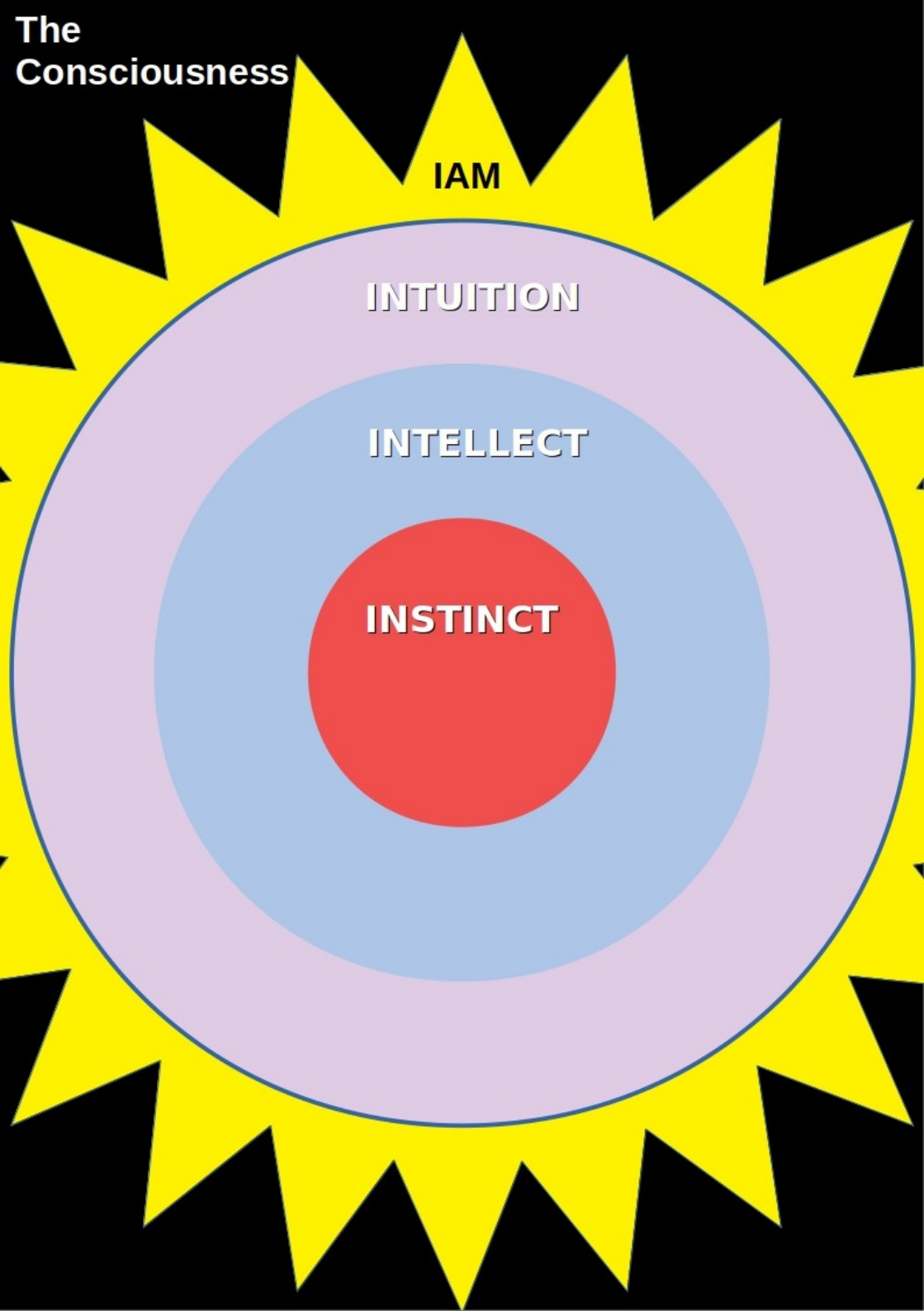
The Consciousness

IAM

INTUITION

INTELLECT

INSTINCT



further explanations in this book.

The mind is a device created by IAM. Be aware that this device is not limited by dimension, space, time or matter. In other words, the mind is an immaterial device which does not exist in space or time, it exists only in IAM. Space and time are created in the mind.

The mind is a device created by IAM for one purpose, to create Life. The mind designs and runs the game titled “Life”, or I can say, Life is run in the mind – more about this later.

By the way, do not misunderstand, I am talking about the mind, not about the brain which is a material device, part of the body, a different thing.

The mind consists of three parts: instinct, intellect and intuition. Every part serves specific functions in creating and running the game titled “Life”. While reading my explanations about instinct, intellect and intuition, look at the next picture.

INSTINCT

Instinct can be compared to an operating system of a machine, for example a computer. As you probably know, an operating system is the most basic software running a computer, a phone, etc. Without the operating system, such a machine is just a dead piece of hardware.

Instinct runs the body, be it the body of human, animal, plant or any other material or immaterial being. This implies that instinct consists of programs and data which can be stored in memory. Whenever you need to remember something, your intellect accesses the memory of your instinct. This memory storage is also immaterial, as the entire mind is.

A program is a self-functioning mechanism which is working exactly the way it was designed (written) to. The program does not think, it has no emotions and does not do things which it was not programmed to do. Also, keep in mind that instinct does not think.

Do you remember when you died last time? What I mean is not that you died, it was the previous body you were using, which stopped working for whatever reason it was.

If you remember what happened, then you can recall that after your body stopped working, you discarded it. Although your body was left dead, you did not lose any memory, you still remembered. Even now you can retrieve memory from time when you were using previous bodies, this is so-called past life memory. Well, maybe you would need first to exercise this ability if you do not recall immediately.

Memory is stored in instinct, not in brain, that is why you can keep your memory as long as you use your mind. Once you switch off your mind, or destroy it, all its memory is lost.

Instinct runs the body, which implies that all the feelings and emotions are in the instinct. Indeed, what man calls feelings and emotions, are just programs run in their instinct.

In fact, instinct run trillions of programs. Every atom building the body is also operated by instinct, thus is every cell, thus is every organ. All the body senses are input devices operated by programs.

Have you noticed how much of your behavior is automatic? In fact, if you do some research, you might be surprised that almost entire body behavior, including what you say and even a lot of you think, are results of programs running in your instinct.

Having observed people for a long time, I can conclude that some people behave almost like machines. I have noticed that the more people use

electronic devices (especially mobile phones), the weaker their mind abilities become. Their behavior becomes more and more similar to machine reactions, even when they are thinking.

I just said that feeling and emotions are also results of programs running in instinct. As strange as it may sound, but the fact is that when you love or hate somebody or something, it is not you, it is programs running in your instinct and producing that love or hate reactions.

Happiness, sadness, fear, courage, liking, anxiety, loneliness ... you can mention more – all of these are reactions of programs running in instinct. Besides that, we have hunger, thirst, pain, pulse, body temperature and all the other physiological functions of body – all of that are programs running in instinct.

Instinct is programmable, in other words, programs can be inserted in instinct, deleted from it or modified. This programming can be done in variety of ways. You can do it consciously by using instinct programming techniques. However, most of time instinct is programmed by external influence, for example: place, color, sound, talk and behavior of other people. Remember this very important information – **you can consciously program your instinct and thus change your life.**

Your parents gave you the most basic programming of your instinct. Later, while you were being educated by your family members, kindergarten, schools, etc., all of them programmed most of your behavior. Presently, people with whom you live, work, play, etc. have the biggest impact on your instinct. You can add to this list mass media, films, events and other emotional factors – they may have the biggest impact on your instinct now.

There is a lot to learn about instinct, it is a vast topic. Studying psychology, sociology and computer programming allows you to understand instinct better. Many books were and will be written about

instinct.

Nevertheless, for now I suggest that you remember this.

Instinct consists of data and programs. Instinct does not think, it just runs programs and keeps memory. Instinct knows nothing.

INTELLECT

I compared instinct to the operating system of a computer. To process data, the computer must also have a processor, which is sometimes called computer's brain. Intellect can be compared to the processor in a computer.

Intellect is the part of mind which does all the thinking which means data processing. Thinking includes processing thoughts and images, and also data coming from senses.

Remember, intellect does not have any memory or knowledge, this means that intellect first retrieves data from memory or receives it from senses, then it can process it, that is to think.

Intellect is the part of mind which people are most aware of, in other words, I can say that man lives mainly in their intellect. Look at your life, look at the world – what do you see? All the human creation, be it art, science or technology, all of that first was processed by intellect before it was realized in matter.

Intellect works approximately in this way – first it retrieves data from memory or from senses, or it creates a question. Next it contrives, calculates, analyses, tries, imagines, projects, solves etc., until, finally, it creates an answer or solution. This answer can contain the next question.

The thing which passes, from the having a question until giving the answer, is called time. Time exists only in intellect. Normally, intellect

cannot function without time. Intellect has been creating time so that it can function. There is no time beyond intellect, therefore it can be said that time is an illusion created in intellect. The same is with space.

Intellect is a part of the mind, a tool used for conscious programming of instinct, for finding solutions and for creating. Your daily life is created in your intellect first. Your decisions are created there. You bring problems into life and get rid of them also in intellect. Using intellect, you may or may not think logically, communicate with beings, explore, learn, search, solve tasks and answer questions.

If you were not using intellect, you would behave as a thoughtless animal. Your body would not behave according to the decisions of your intellect, it would only follow programs of the instinct. This is what sometimes happens to man, especially to those with weakly developed intellect. Their body is more ruled by instinct than by intellect. You have probably have seen such people.

Man's intellect is a very useful tool. Without using intellect, people would still be living like animals in nature. Their technology would consist of the level of their muscle strength and the speed of their movement.

However, using intellect can make man suffering. Some examples include using intellectual abilities to destroy nature and making tools to kill people. Some people use their intellect to manipulate others in order to enslave and reign over them. When instinct takes control over the body, later, such man often regrets what they said or did.

Intellect has another name – “free will”. It means that at any time when man uses intellect, they can choose. Those beings who do not have or use intellect, cannot choose freely, they have no free will, they will act according to program outputs from their instinct.

Man can unknowingly use false information to create beliefs in their own life. Such man creates problems and thereby unconsciously programs instinct, which brings sufferings caused by their own unaware thinking. If you do not wish to suffer, do not blindly believe all information. Things that are written, spoken and seen are only information; it can be true or false. If you believe without thinking, you are asking for suffering.

Take advantages of your intellect that you control. It must serve you because it is your tool. It has to serve you in solving problems, so that you will understand and learn efficiently. Intellect has to serve you in making efficient visualizations, so that you can modify programs of your instinct for your own benefit. Make intellect obey you.

Sometimes you need to switch intellect off. Thanks to this ability, you can, for example, fall asleep at will, cut off attention from stimuli of the environment, do mind exercises more efficiently. When you sufficiently control intellect, you can become aware of messages from intuition or use an almost perfect method of communication which is telepathy.

Please, remember – intellect has no memory and no knowledge, it only thinks, that is operates data.

INTUITION

Once again, let me compare a computer to the mind. In this comparison, as you remember, instinct is the operating system, and intellect is the processor. The third part of the mind, intuition, can be compared to man operating this computer.

Intuition is the part of the mind which contains all the knowledge, therefore I can say, intuition also contains all the truth. Intuition does not think and does not act, it only knows.

Intuition knows everything without any question, thinking, creating or searching. There is no question in the intuition. Even if a question appeared, at the same moment the answer would be there too. Actually, there is no such a thing as a ‘moment’ in intuition. Time, space and bipolar world do not exist in intuition. They are creations of intellect, which were built into instinct as continuously running programs.

Intuition, which is a part of the mind, is also your tool, a powerful one. When you can fully use intuition, you do not need to look for information through intellect. Consequently, schools become redundant, nothing can be hidden from you. You merely need to turn your attention to anyone or anything, if you decide to know everything about them immediately. I could say that you learn so quickly that there is no chance for a question to be formed. If you used intuition to know, this book would be useless for you. In less than one second, you would know everything written here. In fact, you would know much more.

Man uses intuition when they want to know something immediately. Things that are not available for the intellect or would require too much time and energy for thinking, can be made clear by using intuition.

On the other hand, using intuition makes man to see life less interesting. What is the fun of knowing everything about a topic or about someone, just at your wish? What fun Life would give you if you knew all the past and future? Then, there is no secret for you, there is nothing to discover or research.

Have you heard the term “enlightenment”? I bet you did. What is that? Simple explanation – intellect can access any information from intuition at will. I will explain about enlightenment later.

Now, let me summarize the three parts of the mind.

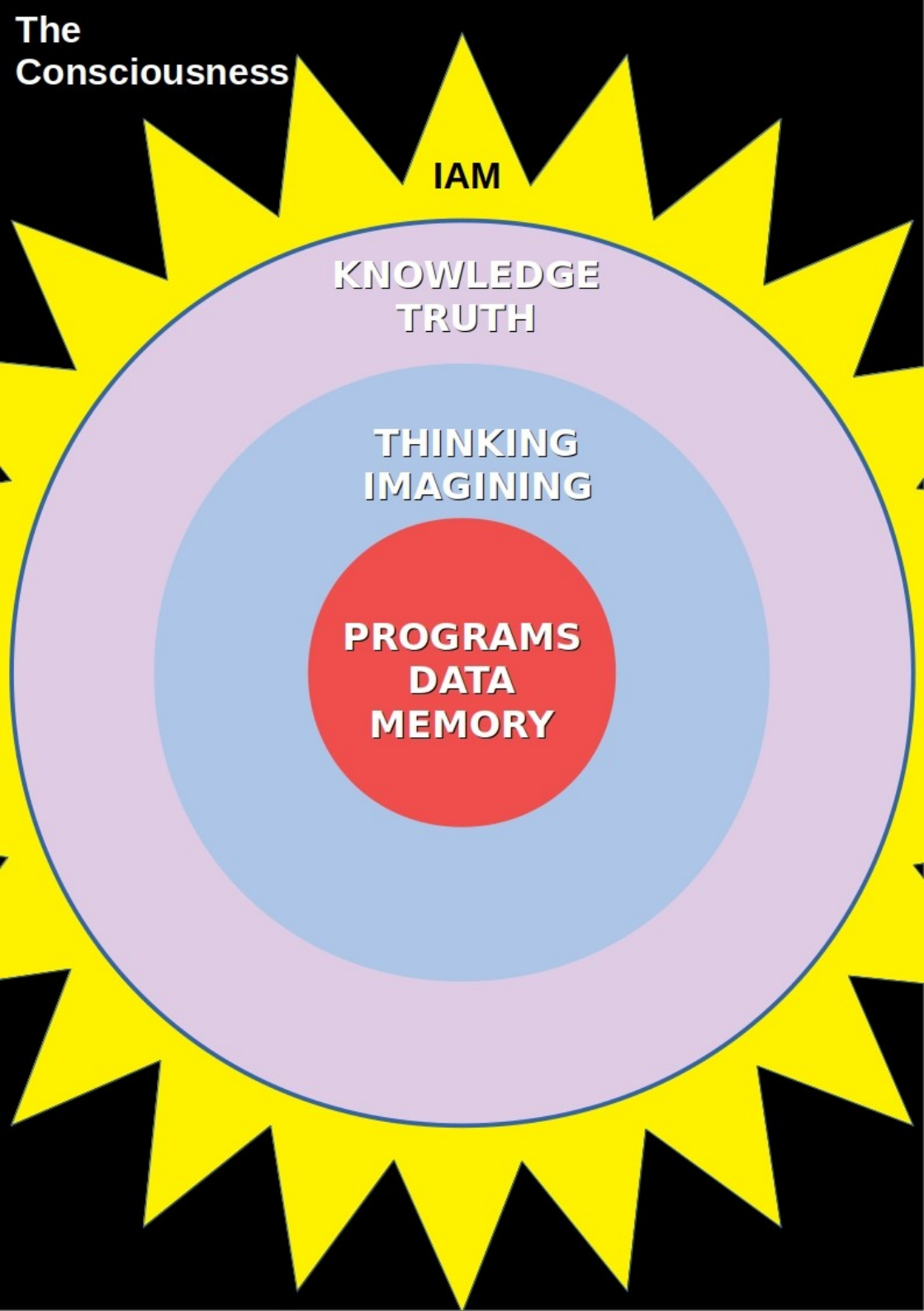
The Consciousness

IAM

**KNOWLEDGE
TRUTH**

**THINKING
IMAGINING**

**PROGRAMS
DATA
MEMORY**



Intuition only KNOWS (truth), it does not think and does not act.
Intellect only THINKS (processes data), it does not know and does not act.
Instinct only ACTS (runs), it does not know and does not think.

ACHIEVING PERFECT RESULTS

Do you know what you need in order to successfully realize something perfect? “Perfect” in this sentence means so good that it cannot be improved for the purpose that it was created for.

To successfully realize something, you need to utilize all three parts of the mind. First, have knowledge. Second, think how to apply that knowledge. Third, act to realize that something.

Knowledge needs thinking and then action to be realized. In other words, action should follow thinking which should follow knowledge.

KNOWLEDGE → THINKING → ACTION => PERFECT RESULT

You can see this process on the next picture.

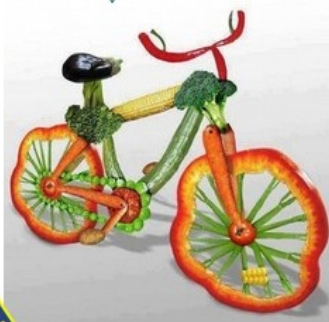
When I
KNOW



I can **THINK**
of a plan



and realize it in
ACTION.



KNOWLEDGE → THINKING → ACTION ⇒ PERFECT RESULT

Look around you, observe the world, pay attention to human technology – what do you conclude? Is all of that perfect?

Well, you may have a different opinion, because it depends. Let me describe like this.

When you look at human life on Earth, you can see that civilizations arise, develop, fall and self-destruct. The present human civilization is on similar way. I can clearly see that it is going to self-destruction. Why? Technology and cities built by people destroy nature which sustains human life on Earth. The more people develop their civilization, the more and quicker they destroy their own life on Earth.

I guess that I do not need to give you any example, I believe that you are intelligent enough to see what I mention here.

Why human technology on Earth destroys life to the point of self-destruction of civilization?

The main reason is that people do not have sufficient knowledge, in other words, people do not know how to access knowledge from their intuition. When people create something without knowing enough, they do that based on their beliefs. A belief is the lack of knowledge. This kind of human activity is called ‘doing without knowing’; therefore, instead of:

KNOWLEDGE → THINKING → ACTION => PERFECT RESULT
people proceed:

??? → THINKING → ACTION => HARMFUL RESULT

In fact, this is a large topic, a thick book can be written about the process of producing results with or without knowledge.

LIFE

IAM emerged from The Consciousness and produced the mind, then the mind produced a game titled “Life”.

In other words.

The game titled “Life” is run in the mind which is a tool built within IAM which emerged from The Consciousness.

Commonly, when we say “you”, “I”, “he”, “she”, “it”, we mean the respective ‘body+intellect’ structure. The ‘body+intellect’ structure is the character in the game titled “Life”.

For example:

you = your body + your intellect;

she = her body + her intellect;

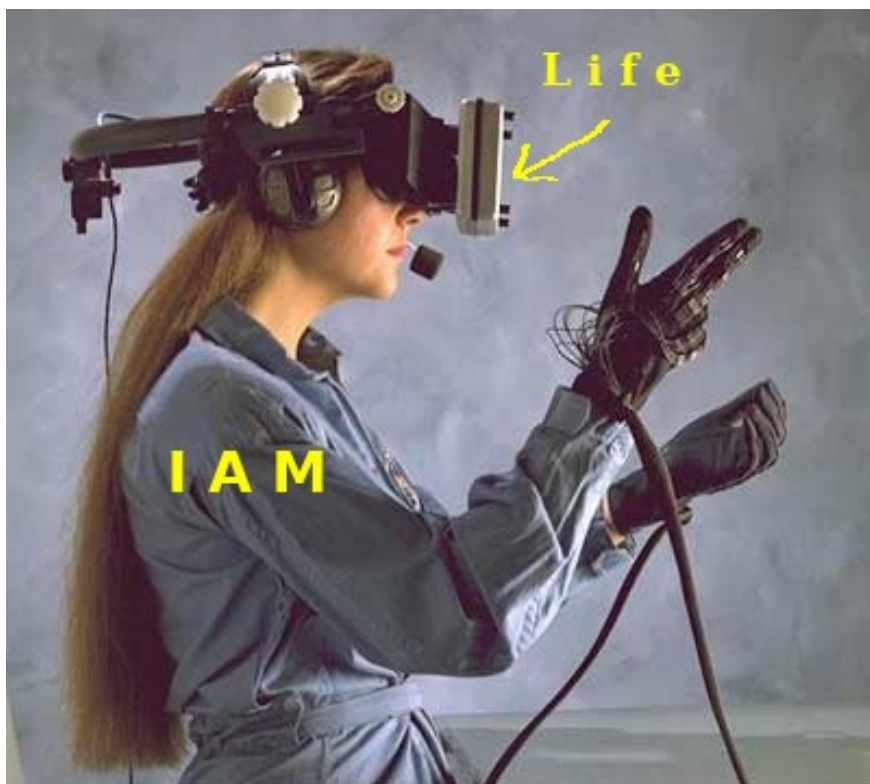
In order to avoid a misunderstanding, I introduce a new term ‘you(IAM)’ which means ‘your IAM’. I will use you(IAM) when I want to emphasize that I am referring to your IAM, not to you which is your ‘body+intellect’ structure.

Life is a game run in the mind. Although this statement may sound strange or shocking to you, you(IAM) are, simply, playing a game. The title of this game is “Life”. Your body is the main figure / character in this game. In your(IAM) game the world turns around you. Got it?

Do you know, why IAM plays a game? There is a simple answer for intellect to grasp the idea – IAM has nothing to do, so it enjoys a game called “Life”. IAM enjoys the illusion created by this game.

In this case, IAM can be compared to a man who has nothing to do, so he is bored. This man has built a very sophisticated and advanced computer which displays a very vivid multidimensional virtual reality, so that this man can enjoy the illusion.

The illusion of this game is so unbelievable realistic that this man forgot about himself, he forgets that he is not the game character that he is playing. He, simply, has focused so deeply on the character, so strongly identified himself with it, that he forgot what he really is, so now he thinks that the character in the game is the real he. He forgot the fact, the truth that he is IAM which lost itself in the very realistic illusion of the game.



Unbelievable, so realistic, it makes me forget myself !

When you play a game, you may become engaged emotionally so much that you forget about yourself, you forget that all of that is not real, that you are just playing. Only when somebody tells you “Hello!, wake up and cool down, this is just a game, it is not true.” – you awaken from the game, exit or just switch it off.

IAM does that, it engrosses a game which is called “Life”. IAM has deliberately forgotten about that fact and thus is now engaged in the virtual realistic illusion, something which does not exist beyond its mind.

At some point in Life, IAM may somehow realize that it is just playing a game in its mind. This moment is often called “enlightenment” or “awakening”. In this moment IAM becomes aware about the truth. The truth is that IAM is not the body or the mind in the game.

Many people want to become enlightened or awakened. They strive on their own spiritual self-growth or self-development path in order to achieve enlightenment. Interesting, when I ask them why they want to be enlightened, they do not know or they answer something that reflects their belief. Then I often tell them something like this.

I warn you, do not blindly pursue enlightenment because if you succeed, you probably will regret it. You do not know what enlightenment causes to man and what may be your first reaction in the moment of enlightenment. You may become really disappointed and sad or angry.

Once you become enlightened, which means that you(IAM) wake up from the game, you become aware of the truth, then you may discover the senseless of everything. You may say “What? This is just a game? Just a senseless playing? Then, nothing is important any more. Why should I continue to care?”

Next, you may become aware of the truth even deeper. You become aware that Life has no sense, your life has no sense.

Yes, you heard me well, the truth is, that like any other game, Life has no sense. What sense playing a game may have besides you enjoying it?

Shocking? It might be shocking and painful for you or it may be releasing you from pain of believing that your life has a sense and that you have to develop yourself in that direction. This is what people blindly following a religion belief.

No, my dear, cool down and become aware of the following fact. Whatever you create or achieve in your life, whomever you become, after you die, you and everything that you ever have done will be forgotten and disappear.

Of course, I do not want you to believe anything that I wrote in this book. Also, I do not want you to become enlightened. I wish you to fully enjoy your game which means, stay asleep, entirely unaware. ☺

When you become bored enough, then you might feel that something is not right, then you may research yourself and find the following truth. You are already perfect. You do not have to do any thing, however, you can choose to do every thing, because you are the Master Creator of your life.

Although Life has no sense or purpose and there is no goal to achieve, just enjoyment, still, you are the Master Creator of your life. This means that you can decide that your life has a sense, you can give it a purpose and set goals. You can also give yourself a mission in your Life, so that playing becomes more exciting.

Why not? If you like it, go ahead, enjoy the illusion of Life. If you do not enjoy Life, what are you going to do? Feel bored? Create a different illusion? Will you tell me?

I suggest, stop reading this book now. Put it away and think again whether you really want to read further. Further on in this book, there might be things even more shocking, so you may become angry and sad because your beliefs will be shaken.

If you are so-called open-minded man, then the opposite may happen. You will build your knowledge, learn how to get out from this illusion, how to switch enlightenment on/off and discover the truth. Then you will no longer be following like a blind sheep and also others will not be able to manipulate you, thus your slavery might end. You will become a free man – very dangerous and forbidden state of man living in a society. Put this book away now and reconsider again.

This is important to remember.

Life is run in the mind. All of the matter is in Life, therefore the body is in the matter.

As you can see in the following picture, Life is an image in the mind, therefore all of the matter also is an image in the mind. To make it clearer, **your body is an image in your mind**. In fact, not only your body, all of the matter, which includes the universe, is an image in your mind.

This picture shows one mind created by IAM. However, IAM can create many minds. One mind can create many games, that is many Lives. To make it even more fun, IAM is not bound by time, so it can create Lives which are in different times, considering it from the viewpoint of intellect. This means that you(IAM) can experience more than one Life in parallel.

In order to make this explanation simpler and clearer, I show only one mind creating one Life, in the following picture.

The Consciousness

IAM

INTUITION

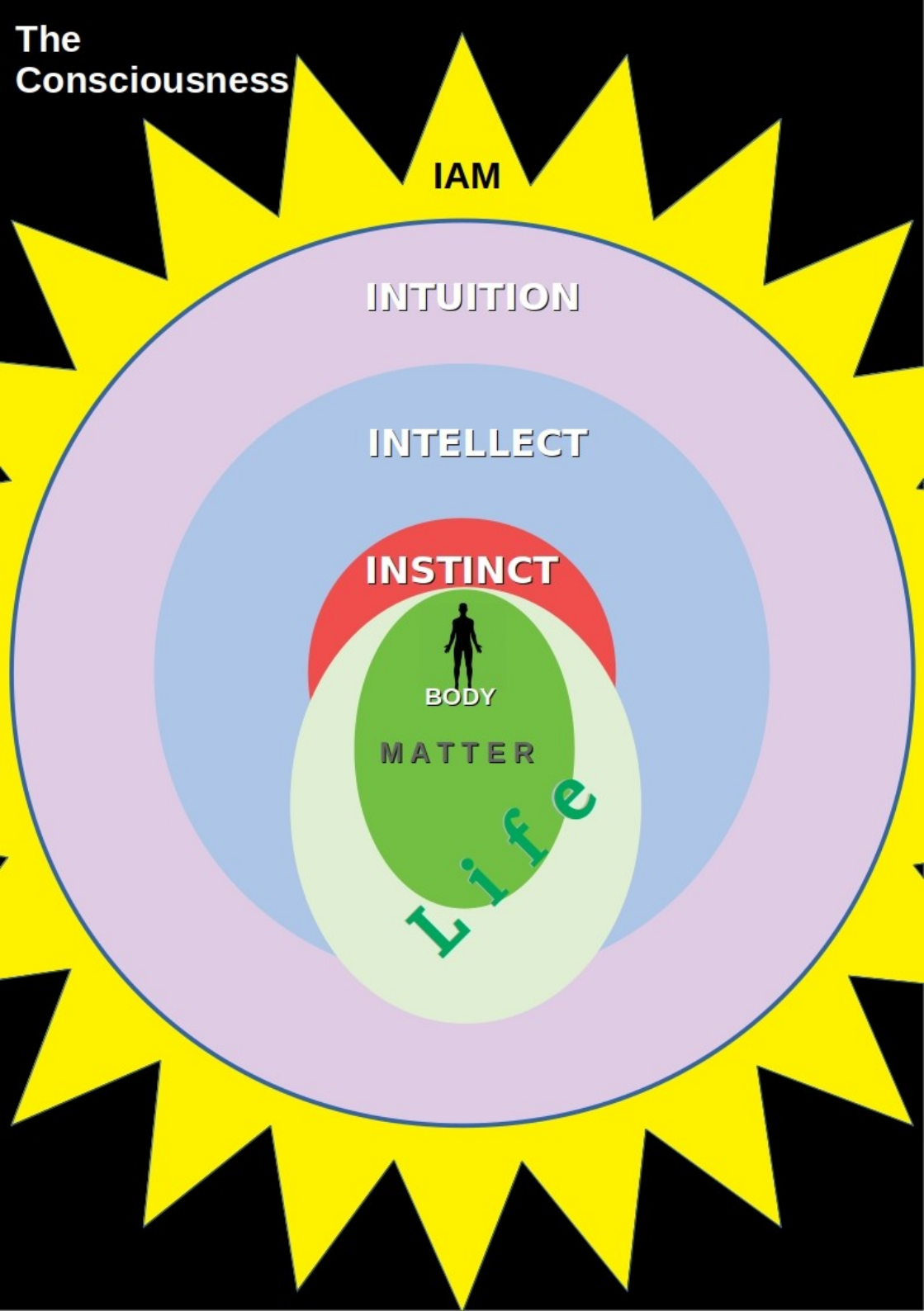
INTELLECT

INSTINCT

BODY

MATTER

Life



MASTER CREATOR OF LIFE

Do you still ask yourself questions like these:

1. What am I?
2. Who am I?
3. Where do I come from?
4. What do I do here?
5. Where am I going?
6. What am I not.

If you want to know answers to these questions, here they are:

- a. 1. I(IAM) am the Master Creator of my Life.
- a. 2. My(IAM) chosen name is IAM; people may call me other names.
- a. 3. I(IAM) originate from The Consciousness.
- a. 4. Having created the mind, I(IAM) enjoy a game titled “Life”.
- a. 5. Nowhere because there is no space.
- a. 6. I am not the mind and not the body.

I hope that these answers are not a surprise for you if you understand the preceding explanations. However, I suppose that you may be not sure about the meaning of “I am the Master Creator of my Life”; so let me explain more.

Think logically, in your essence, you are not the body or the mind. Your body is a very sophisticated machine. Your mind is running this machine and all of the matter. In other words, the mind, a device which you(IAM) have built, creates everything, which includes the entire universe, Earth and the body.

In present days, we would call the mind ‘virtual reality device’. Once you wear this virtual reality device on yourself, you experience an illusion to be in a very realistic dimension, in a game. You know that this game is

not real, it is just images. However, if you engage yourself deeply in playing this realistic game, you may forget that it is just a game, just an illusion. You may identify yourself with the character that you are playing in the game and really think that it is you. When you cool down or when somebody wakes you up from this dream/game, you realize that you were playing a game.

IAM does that. IAM has deliberately forgotten that it is playing extremely realistic virtual reality game. Why? You know, when you forget that you are playing, you can fully enjoy all the emotions associated with the play. Be aware that **Life is a game of emotions**. Yes, all the emotions, especially those associated with suffering, are an essential and most interesting feature of the game. IAM does not want to remember that it is playing, this is how IAM can experience the best fun.

Think logically further – in your essence, in the real reality, you are IAM; I write it “you(IAM)”. This means, that all that exists, including time, space, universe, Earth, your body, is your(IAM) creation.

Wow, that is something gorgeous! In order to create so unimaginable sophisticated and interesting game, you(IAM) must be a real highly experienced specialist. You(IAM) must be extraordinary, super good. Only a real master can create something perfect. So, if we say that you(IAM) are the master in creating Life, we do not exaggerate at all, we just state the truth about you(IAM). You(IAM) are the master, it is a fact.

When talking about yourself(IAM), you(IAM) can truly state this fact by saying:

“In my essence, I am IAM, the Master Creator of Life for my mind and body.”

To make this sentence sound more natural and simpler, just say:

I am the Master Creator of my Life.

I am the Master Creator of my Life.



This is the most powerful mantra.

**When you say it,
you state the fact,
the truth.**



Do you know what is the meaning of “master”? “Master” is a title given to somebody who has the biggest experience and knowledge in a specific field. In other words, master is the most qualified and knowledgeable specialist in their field, so we say that they is the best. By writing the word “Master” with capital M, we can emphasize our respect to that master.

The title “master” relates to a field of activity, to a specialization; so in what field you(IAM) are the master? As I have mentioned above, this field is ‘creation of Life’. You(IAM) are a master in the field of Life creation. There is no other master better than you(IAM) in creating Life; therefore, you(IAM) are **the Master**. This is the reason why I address you “Master” from the beginning of this book. ☺

OK, Master, let us continue with reminding you more about this game; next chapter is about your(IAM) character in Life.

MAN

What is man? Well, you already may be able to roughly answer this question, especially when you look at the previous picture. Let me tell you more in detail.

Man is a structure which consists of two elements: body and mind. The body consists of two parts. One part is visible and sensible, we call it material or physical body, or the flesh. The other part is invisible and insensible, we call it spirit.

Look at the two following pictures, they visually explain what man is. You are already familiar with The Consciousness from which IAM emerged and created the mind. Then the mind creates Life. Life contains all of the matter which includes man's body.

What might be new to you is that the body consists of two parts. As you can see in the pictures, the flesh is in the spirit, therefore we can say that the flesh is a reflection of the spirit.

People usually do not say "the flesh", they say "body" meaning the physical part. For the sake of clarity and explanation about relation between the two body parts, I am using these two terms.

Man is not the only being who has a spirit. Also animals, plants, rocks, planets and other beings have their own invisible parts.

Most people do not see the spirit, however when they exercise sufficiently, their senses become sensitive enough to perceive, that is to see and feel, the spirit.

Remember, man's body is an image in man's mind. In other words, you are not the body, you are not the mind, they are your tools. Your body is an image in your mind. Of course, this mind is created by you(IAM).

CONSCIOUSNESS

MAN

▼
IAM

▼
MIND

▼
SPIRIT

▼
the FLESH



SPRIT

invisible, insensible subtle matter

+

the FLESH

physical hard matter

B
O
D
Y

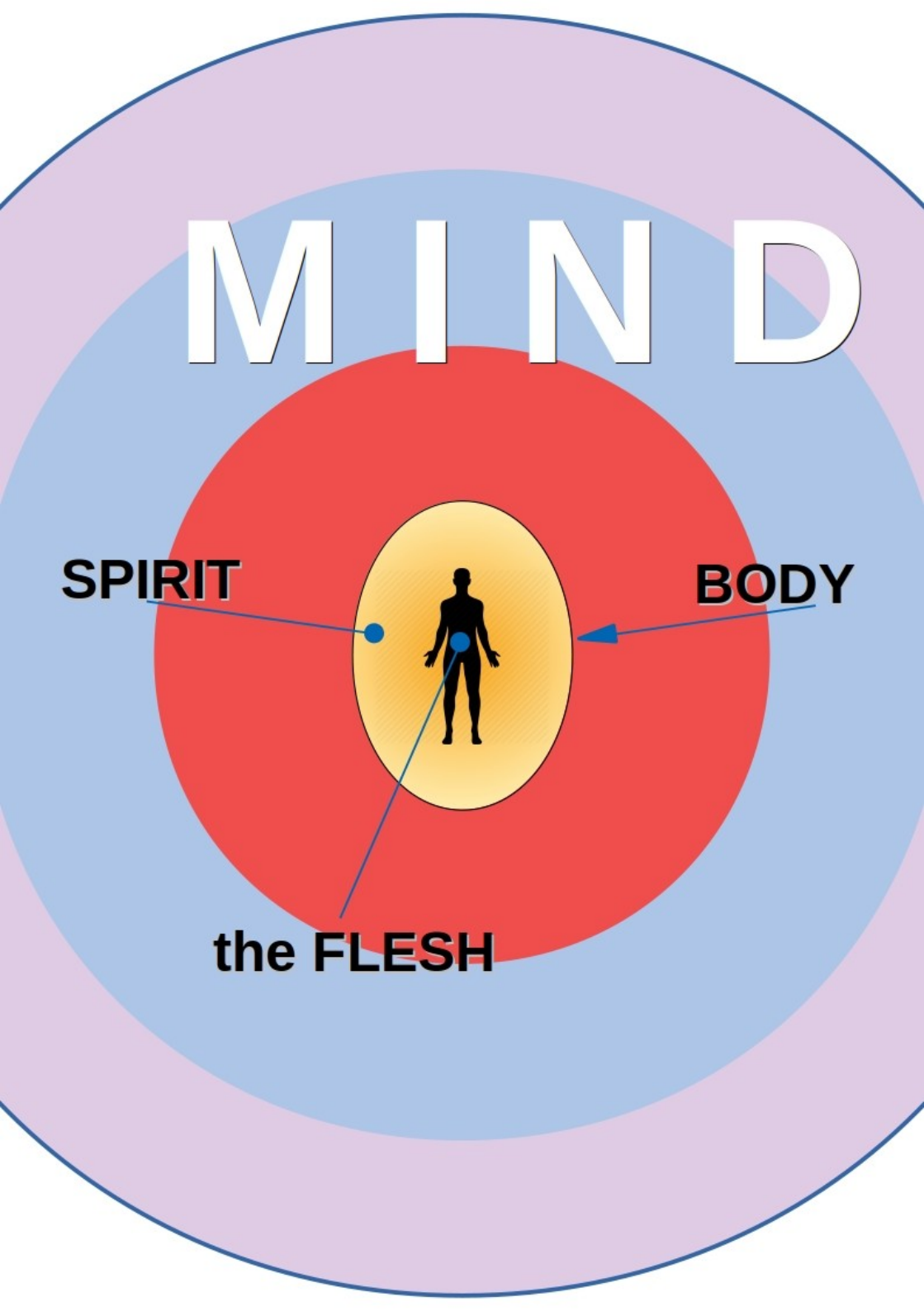


MIND

SPIRIT

BODY

the FLESH



What does this statement imply? Very useful thing – when you change the image in your mind, your body follows. To change the image, you need to know instinct programming methods – more about this later.

SPHERES OF LIFE

Life manifests itself in enormous varieties. What I would like you to learn is types of beings living in Life – I call them ‘spheres of Life’.

To learn about the spheres of Life, consider all the beings living on Earth. You can notice that there are minerals, plants, animals, people and invisible beings. The invisible beings, whatever we call them, normally cannot be perceived, so people need to exercise their senses to be able to perceive spirits. Let me sometimes write ‘spirits’ for ‘invisible beings’.

To understand more about the beings living on Earth, look at the next picture. In the center, you see a point representing The Consciousness. As you remember, Life expands from The Consciousness to infinity.

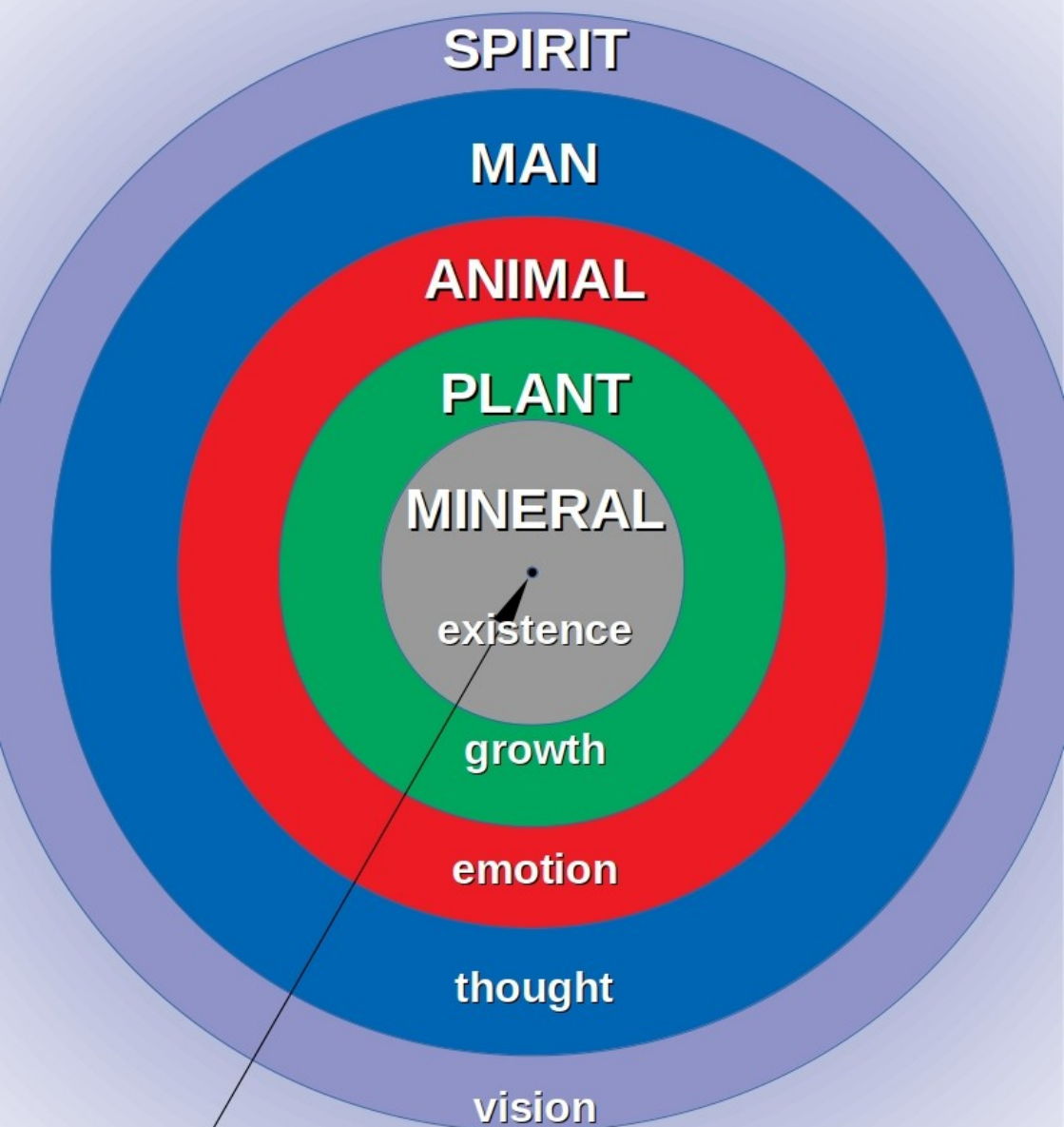
The world of minerals represents the sphere of Life closest to The Consciousness. The world of minerals includes atoms and molecules; on Earth, mostly it would be air, water and rock, sand. The characteristic feature of the world of minerals is called ‘existence’. Minerals exist.

The second sphere of Life is represented by the world of plants. The characteristic feature of plants is called ‘growth’. Plants grow; of course, they also exist.

Animals represent the third sphere of Life. The characteristic feature of animals is called ‘emotion’. Emotions make animals move; of course, animals also exist and grow.

The next sphere of Life is occupied by man. ‘Thought’ is the characteristic feature of man. Indeed, man is focused mainly on thinking. Man exists, grows, experiences emotions and thinks.

SPHERES OF LIFE ON EARTH



the CONSCIOUSNESS

Some beings living on Earth, normally are invisible and insensible for man. Their sphere of Life is called spirit. 'Vision' is their main feature.

Do you think that there are more spheres of Life? Indeed, there are, although people do not perceive them. In fact, Life can be expanded to infinity, so there is no limit in number of spheres of Life.

The picture presents what other people call evolution. You probably have noticed that the more expanded a sphere of Life is, the more developed or sophisticated beings it represents. Obviously, man is more developed, evolved, sophisticated life form than the animal is. The animal is more developed than the plant. The mineral is the most basic life form on Earth.

The sphere of mineral emerges directly from The Consciousness. Indeed, when we move from an atom to smaller and smaller subatomic particles, tinier basic building blocks of matter, we reach something which is not considered matter. Scientists give this thing different names, for example: ether, qì, vril, orgon, quantum field, information field. It is the beginning point where the mind builds energy and then matter.

The mind is in IAM which emerges from The Consciousness; that is why it looks as if mineral were emerging from The Consciousness on the picture, but in fact it emerges from the mind. You remember that it is the mind which creates all of the matter.

The characteristic features that beings of smaller spheres of Life have, are also included in beings of larger spheres. Obviously, the tree is a being much more developed than the rock; then, the dog is a being much more sophisticated than the tree; but man is the most advanced of these. This can be clearly seen that the rock only exists, it does not grow, move or think. The tree, beside existing, also grows. The dog exists, grows and reacts emotionally. Man manifests all of these, plus, man also thinks.

How about the sphere of spirit? Logically analyzing, we would state that highly developed spiritual (immaterial) beings exist, grow, react emotionally, think and ... have visions, or use visions, or are visionary. What is that ability? To make a long story short, these beings can use intuition comparatively as easy as people use intellect. This implies that they do not need to think so much. I hope that you remember, that intuition is a part of the mind, which contains all the knowledge. When your intellect can access intuition, you know whatever you turn your attention to, without asking any question.

I would like you to pay attention to one more thing in this picture. Look, the further a being moves from The Consciousness (the center of the spheres), the more developed it becomes and the more energetic, this means more alive. For example, people and animals are more alive than plants and water. On the other hand, the more alive are beings, the further they are from The Consciousness, that is from the pre-origin of Life.

There are two directions presented on the picture; one can be called expansion or development, the other can be called contraction or regression. This other direction represents movement from the infinity to the center point which is The Consciousness. This direction sometimes is expressed by other sayings, for example: “going back to the origin”, “going back home”, “returning to the source” or “unifying with the creation” or even “unification with God”.

Many people look for when they call ‘self-growth’, ‘spiritual development’, ‘expansion of consciousness’, etc. They may say that they follow a path to ‘self-realization’, ‘enlightenment’, ‘salvation’, etc., therefore they look for the most efficient ways to realize that. If that is also your desire, then I suggest, find your answer by analyzing the above picture. You might come to a conclusion about which direction is the one to follow if you want to realize your goal.

It is not the direction of expanding a sphere of Life or evolving to become more sophisticated being. In fact, it is the opposite direction that you need to follow, inwards, to the center.

Practically, what does that mean? Well, that clearly indicates what to do if you want to “go back to the origin”, “go back home”, “return to the source”, “unite with the creation”, etc.

You need to move from spheres of man to animal and then to plant and mineral.

What people who follow a path to self-realization, enlightenment, etc. do? They do what I call ‘mind exercises’. There is another popular term widely used – “meditation”; so we can say that those people meditate.

Nevertheless the definition of “mediation”, what people usually do when they meditate is sitting in silence. They also relax and go deeper within themselves. Their breathing and pulse automatically slow down. Some masters of such kind of techniques can slow their body processes to appear as dead.

To make a long description short, mind exercises (meditation) move you from the sphere ‘man’ to ‘animal’ or even ‘plant’. Some masters of meditation can go even to ‘mineral’.

When you look at the picture, you see sharp borders between the spheres of Life. In reality, there is no sharp border or a jump from one type of being to another. The expansion of spheres of Life is more like linear flow. When you research the beings on Earth, you can notice that some of them appear to belong to two spheres of Life, as if they were at the border. For example, there are beings which share features of plant and animal worlds.

MORE ABOUT LIFE

The picture of a snake eating its own tail, represents an ancient symbol of continuity of Life. This picture also explains, in symbolic way, what actions can sustain Life or end it.

By eating the tail, the snake provides the body with food to built and sustain its own life. This action symbolically represents creation of life for the body, therefore it can be called 'birth'.

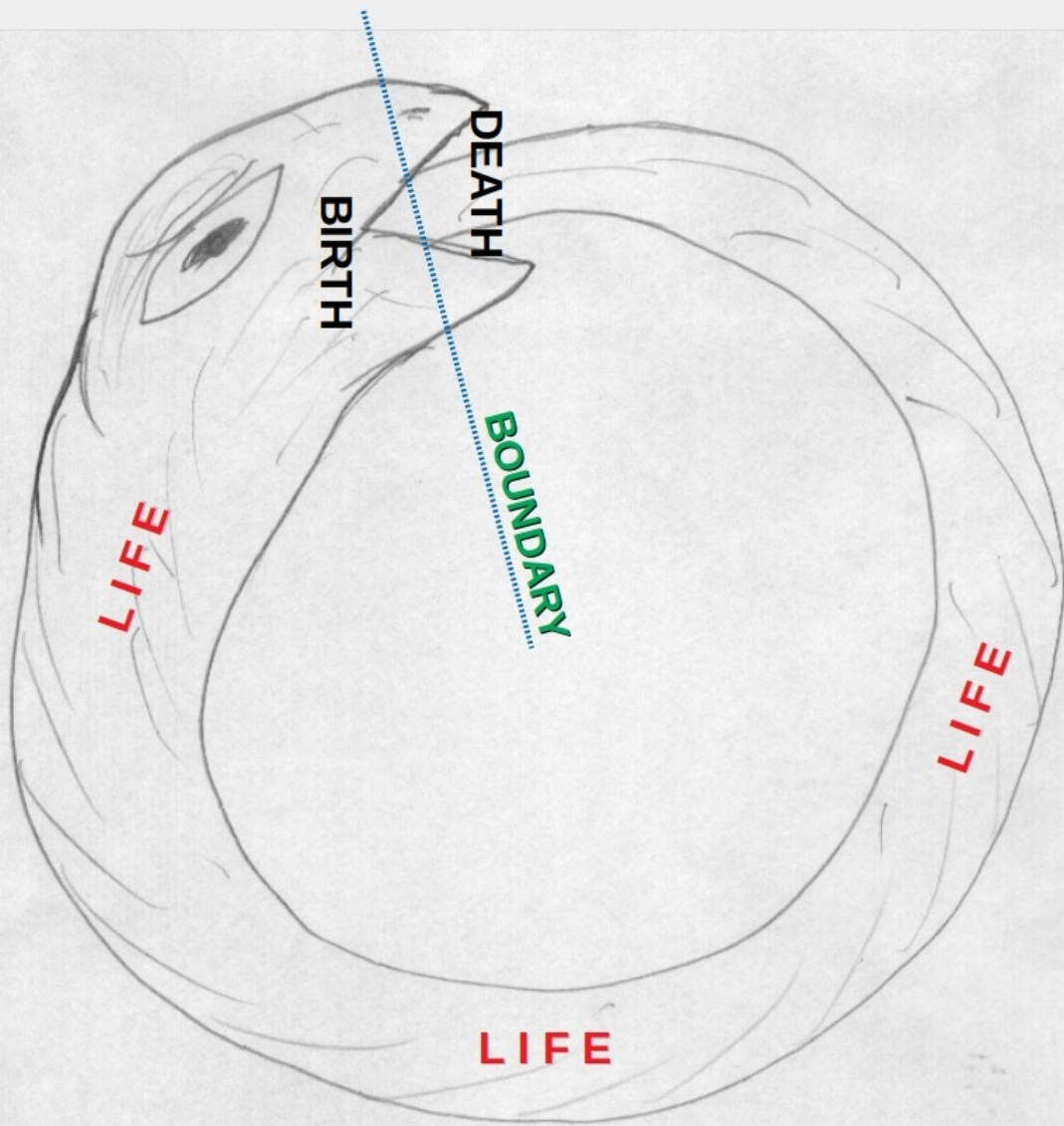
On the other hand, by eating its own tail, the snake kills it. This action symbolically represents destruction of body life, therefore it can be called 'death'.

Imagine that the snake eats the tail very, very slow – what would be the result? Simple, not enough food will make the snake body starve to death. Now, imagine the opposite situation, that the snake eats the tail too quick – what would happen? I guess that you answered correctly; the tail will not have enough time to grow, therefore the snake would eat itself to death.

These two answers allow you to draw a conclusion, that life of the body can be sustained only when the both factors, death and birth, are in balance. When one of these two is in excess, life of the body will end.

This is one of principles for creating and sustaining Life. Both, together **birth and death create Life**. When birth and death are in balance, they sustain life of a being . Too much birth or too much death will end life of the being. The symbol of a snake eating its own tail represents the principle of creating life of a being by both birth and death. Birth begins a new life of a being, whereas death supports birth of a being. The life period of a being exists between its birth and death.

BIRTH + DEATH SUSTAINS LIFE



Life is an eternal movement in a circle,
between the boundary of birth and death.

Life is eternal when birth and death
are in continues balance.

In other words, the **unity of 'birth+death'** creates and sustains life of every being in this game of Life.

In fact, this principle relates not only to eating, it relates to almost everything what beings do in their life.

EXTREMES IN LIFE

Have a look at the next picture where two lines define areas of extremes. Beings remain alive between these two borders. When a being does too little or too much of the mentioned things, the life of their body ends. When a being does not cross any of the two barriers of extremes, the life of their body continues.

Practically speaking, be aware that anything you do in excess weakens your life. The more things in your life are balanced, the longer you are able to continue living in this world.

There are people who go to extremes in some fields of their life. World sport champions may be good examples. They do achieve extraordinary results, for which they are admired and glorified, but on the other hand, they use up their body more than people who keep balance in sport. Later, their body will show signs of premature wear out.

Everybody has their own capacity which limits them in whatever they do. If you care about your psyche and body, I advice you not to go to extremes. If you want to have a very good result in something, you can achieve it when pushing yourself to not more than 62% of your capacity while exercising that. However, be systematic, keep discipline, exercise regularly, do not give up, pursue till you achieve the desired result.

LIFE



TOO LITTLE

TOO MUCH

EATING
DRINKING
SLEEPING
WORKING
LEARNING
THINKING
EXERCISE
REST
BREATHING
LOVE
KILLING
GIVING BIRTH
HELP
PROTECTION
RISK
SUFFERING
COMFORT
WARM
COLD
LIGHT
SUNSHINE
DARKNESS
and so on ...

EATING
DRINKING
SLEEPING
WORKING
LEARNING
THINKING
EXERCISE
REST
BREATHING
LOVE
KILLING
GIVING BIRTH
HELP
PROTECTION
RISK
SUFFERING
COMFORT
WARM
COLD
LIGHT
SUNSHINE
DARKNESS
and so on ...



END OF LIFE

END OF LIFE

LIFE CONTINUES

In any field of your life, if you stay between 38 and 62 percent of your capacity, you shall achieve the best results. These results will remain with you much longer than results achieved by pushing to extremes.

UNIVERSAL PRINCIPE OF CHANGE

There are some principles that rule life of all beings in this universe. One of them is the Universal Principle of Change (UPC). Whether it is an atom, plant, man or spirit, all of them are subjects to this rule.

In general, beings of less expanded sphere of Life are used for creating or sustaining life of beings of more expanded sphere of Life. In order to be used, beings may be killed, consumed, destroyed or disassociated by other beings.

The UPC rules from the smallest particles of matter to the entire universe. This principle causes continues transformation of one type of matter to another.

The picture of a snake eating its own tail is one of examples describing UPC. Look at the next picture, where you can see a being composed of a sun and a black hole. That picture illustrates UPC in the cosmic scale.

When you look at the sky, you can see the Sun. At night you can see many suns, they are called stars. Let me talk about our Sun. The Sun is an electric body, like a huge spark or a ball lighting. For very long time, the Sun has been emanating energy which sustains lives of enormous number of beings in our solar system. If the Sun would extinguish, all that life of so many beings would end.

SUN + BLACK-HOLE

BEING

BIRTH

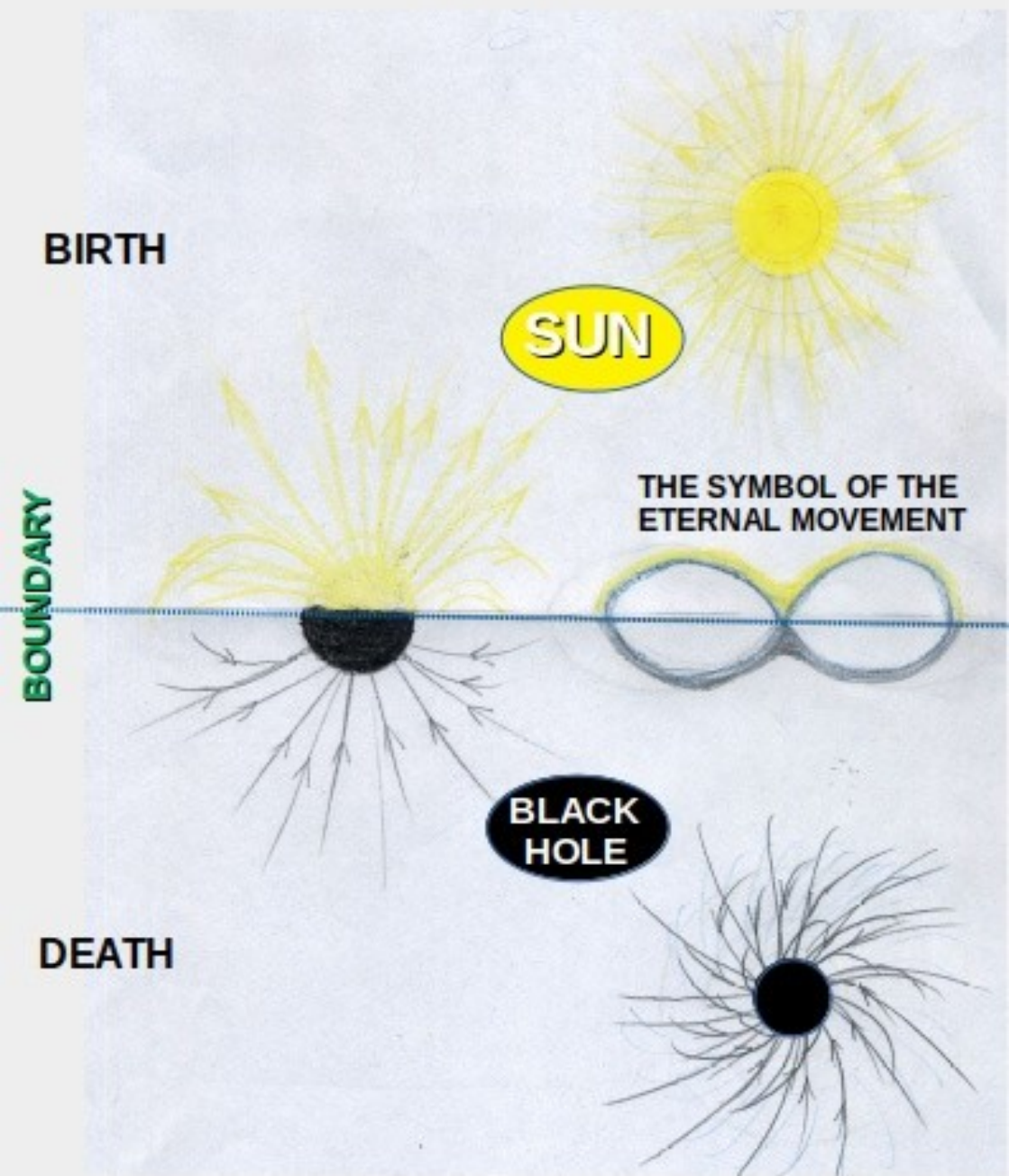
BOUNDARY

SUN

THE SYMBOL OF THE
ETERNAL MOVEMENT

BLACK
HOLE

DEATH



Although the Sun has been emanating so huge amount of energy for so long time, it does not get smaller or weaker, it remains at the same size and in healthy state. From where has the Sun been taking so much life energy for so long time? In other words, what has the Sun been eating?

In fact, when we look at the Sun, we see only a part of the entire being, the part which emanates energy. We do not see the other part which provides the entire being with material used for building and sustaining its life. On the picture, you can see that the other part of the entire being is a black hole.

What does a black hole do? It suck everything in by eating matter that surrounds it, therefore, being like a huge mouth, it kills other beings. This mouth of the 'sun+black hole' being provides its body with life energy and building material. Therefore the other part of the being, which we call Sun, can emanate matter, warm and light.

The 'sun+black-hole' being, like any other form of life in this universe, is a subject to UPC. The 'sun+black-hole' being, by eating other beings (cosmic dust, gases, stones, planets, stars, etc.) transforms one type of matter to other type. By eating, killing, destroying lives of enormous number of different beings, the 'sun+black-hole' being provides the entire solar system with mater and life energy.

According to UPC, every being has two parts, one which destroys life of other beings, and one which builds, sustains its own life and emanates energy,. Man is no exception to UPC, therefore man does exactly the same as any other being in the universe.

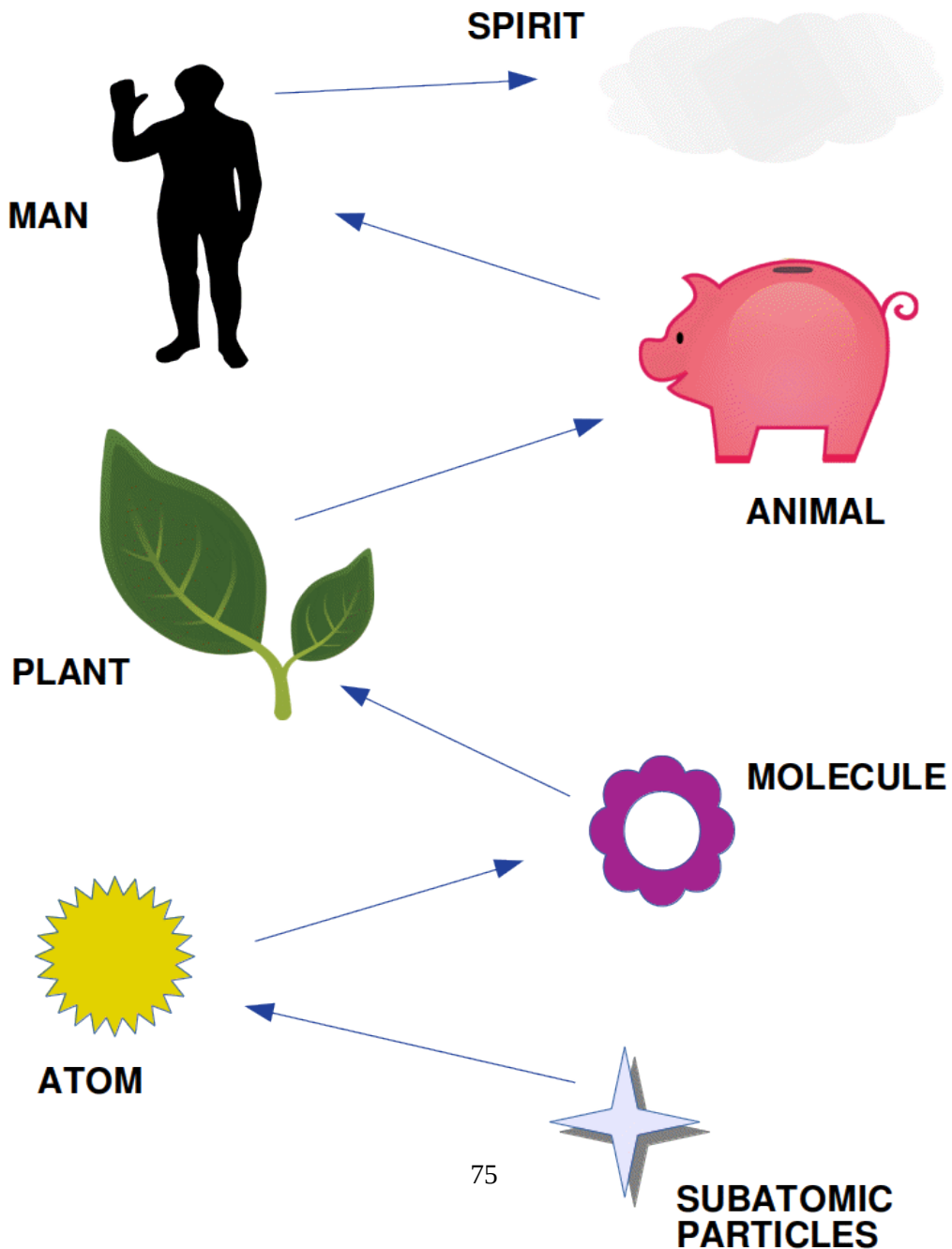
When you look at both preceding pictures, the one with tail eating snake and the other with 'sun+black-hole' being, you can see some similar elements:

- the body of a living being at the action,

- the boundary between birth and death,
- the destroying life part of the being (called “mouth”),
- the part providing building material or energy (called “food”),
- the eternal circle.

Besides this common parts, I also drew the infinity sign ∞ . It represents the eternal movement, which means eternal life of a being, when birth and death are kept in constant balance.

FOOD CHAIN



FOOD CHAIN

Food chain is a perfect example of UPC because it explains well how beings of a less expanded sphere of Life are used to support beings of a more expanded sphere of Life.

Before I explain the next picture, I would like you to be aware that every being has two significant parts. One part is used to nourish the being, it draws in food and energy, this is why it is like the black hole illustrated on the previous picture. The other part does the opposite, it excretes matter or emanates energy, this is why it is like the sun illustrated on the previous picture.

Every being has these two parts, black hole and sun. Every being acts as both, a black hole sucking in, destroying, killing other bodies, and as a sun, emanating life energy for others to consume.

Notice that the body of every being is an energetic structure, so it emanates so-called energy, usually in form of warmth or light.

For clarity of the following picture, I did not draw the black hole and the sun present in every being. I hope that you can imagine something like the 'sun+black-hole' structure on the previous picture, present in every being. Of course, the mouth is the black hole in case of people and animals.

Now, look at the next picture, while reading this explanation. Subatomic particles are used to build atoms. Atoms are used to build molecules. Molecules are used to build plants. Plants are used to build animal bodies. Animals are used to build human bodies. Humans nourish ... spirits, because they eat man's life energy.

What? Did not you know that spirits consume man's life energy? They do because they also need food. Hence spirits are bodies of invisible beings, they will not eat the flesh, therefore they need life energy emanating from man.

The arrows on the picture show general relation of the nourishing flow. For clarity, I did not draw more arrows on the picture, but you know that the more developed beings can use all the beings pictured below them, to build their own bodies, to sustain their own life. For example, man consumes animals, plants, molecules (water, minerals, vitamins, etc.), atoms (oxygen, nitrogen, etc.) and energy in form of light and warmth.

Be aware that in order to provide the building material for the more developed beings, the life of the less developed beings have to be taken. In other words, the less developed beings are destroyed, killed somehow, so that the bodies of the more developed beings can be build. For example, two atoms of hydrogen (H H) and one atom of oxygen (O) are living beings. In order to build a molecule of water (HOH), these atoms must be severely hurt, killed, destroyed, so that they become ions ($H^+ H^+ O^-$). Ions are not atoms, but they can be called building material left after atoms were destroyed. Now, when these ions are put together, they create a new body (HOH). The birth of water happens after death of the ions.

Another example, a rabbit eats grass, carrots, etc. These plants are destroyed with rabbit's teeth, then the digestion system of the animal can further decompose the bodies of the plants in order to build the rabbit's body.

How do the invisible beings, which I call here 'spirits', eat man's life energy? This is a large topic, there is a lot to talk about it, a thick book could be written. Let me explain it shortly.

The spirits, like all the other beings, are subject to UPC, so they have to consume. Like other beings, if spirits do not consume for too long time, they die – this is a general principle.

Spirits consume immaterial things. Of course, it is immaterial for people, for them it is material food. Spirits consume what we can call ‘life energy’ of other beings. Let’s talk about this later.

MAN IS A SUBJECT TO UPC

Whatever your emotional reaction will be, I prefer that you be aware of this fact, so let me tell you some truth.

Whether you accept it or not, whether you agree or not, during your entire life you continuously kill and you give birth, like any other being in Life does. Every time you breathe in, drink or eat something, you take life of beings.

On the other hand, when you breathe out or when your body excrete anything, or when you become emotional, you provide food to other beings. You can conclude how that happens, from previous explanations.

You are subject to the Universal Principle of Change, like any other being in this universe is. Your body cannot exist in this universe without killing and giving birth continuously. By killing and giving birth, you contribute to the movement sustaining life of this universe. Even if you wanted to, you cannot escape UPC.

Many people follow a specific diet because they do not want to kill; for example, they eat only food originated from plants. According to what some of them believe, killing animals is bad but killing plants and minerals is all right. Why? People have different explanations.

Regardless of the belief and explanations of those who follow a plant diet, it is man's judgment and feelings which make people choose. What may be important to understand is that the act of eating is directly related to killing, destroying life of other beings.

In order to be more aware of judgments, it may be worth to ask questions like the following.

What and who are you to judge and decide which beings can be killed for you to eat and which must live?

Who or what made you believe that life of animals is more important than life of plants or minerals?

Besides your judgment based on your belief and resulting feelings, is there anything else that makes you to choose some life over other one?

Whatever your belief and the resulting diet is, I suggest that you meditate on these three questions. Additionally, you may look at nature which has no belief. Nature, the truest teacher on Earth, has no mercy. Nature teaches us perfectly about UPC.

**SPIRITS FEED ON LIFE ENERGY
EMANATED BY MAN**



**PRAYING, WORSHIPPING, BOWING, AWING, etc.
MAKES MAN LOSE LIFE ENERGY
BY SENDING IT OUT OF THE BODY**

SPIRITS CONSUME LIFE ENERGY

According to the Universal Principle of Change, the emanations of man is food for other beings. Beside excreting physical matter, man radiates variety of invisible and insensible immaterial emanations, which include warmth and electric and magnetic waves. These emanations can be seen in man's aura.

Let me call all of these emanations 'energy'. This term is not what physics defines as energy, but for the sake of simplicity here, I chose it to be used as meaning for all invisible, insensible emanations of the body of man, animal, plant and mineral.

According to UPC, energy emanated by man, animal, plant or mineral can become food for spirits. Man's energy becomes especially attractive to spirits when man is under influence of emotions. However, not every spirit would like to eat every type of energy emanated by man. Some spirits like energy which is associated with joy, love, bliss, etc. Other spirits prefer energy emanated from man under influence of fear, hatred, anger, etc.

Your **imagination controls energy**, this means that the type and amount of body emanations can be controlled by you. This fact may be of utmost importance to you. Depending on what you imagine, your body may be charged with or lose life energy. Look at the two following pictures where you see man emanating his life energy, losing it and feeding spirits.

Picture "spirits feed on life energy emanated by man" explains what happens when man prays to and reverences other beings. By worshipping a god, angel, master, extraterrestrial or other beings, the follower of a faith loses their life energy. The praying man is not aware that this kind of a

practice feeds invisible beings with man's life energy. As a result, the follower deplete their own life energy. Less life energy means weaker man and shorter lifespan of their body.

Most people feel better after praying. Some people have so strong faith, that they are able to heal themselves or others with such kind of practice. Those people would not agree with my explanation; they rather would teach that man must have strong faith and pray more.

However, when they learn more facts about invisible beings, especially when they successfully learn to see spirits, they may be shocked. How unimaginable intelligent spirits can be, how experienced they are in their trickery to make man willingly give them their own life energy.

Indeed, many invisible beings know man's instinct very well, as if they were psychology masters. It is very easy for them to cheat man into believing something. Those spirits will use emotions and visions to make people blindly believe. When people blindly believe, they are lost because they become unaware sheep of a herd utilized by the spirit. This is how the herd master and sheep relationship develops. Then, those people are ready to fight to death to defend their faith. Of course, they will do everything possible in order to bring others to their faith organization.

I suggest, do not try to save those people, let them play Life like that. They do nothing wrong or bad, they are happy with their choice. They may need such kind of experience in this life; so do not disturb them.

People who participate in so-called "group meditation" or "global meditation" also may lose life energy. Especially when they imagine that they send something from their body; for example, send energy into the universe, send love to a master, send healing to someone.

SPIRITS **FEED ON LIFE ENERGY** EMANATED BY AN ANGRY MAN



ANGER, HATRED, FRIGHT, etc.
MAKES MAN **LOSE LIFE ENERGY**
WHICH IS SUCKED OUT FROM THE BODY

Especially dangerous practice is to deal with so-called “angels”. When you deal with angels for whatever purpose it is, you might already be in their food menu.

There are so many web sites, centers, teachers promoting cooperation with angels. Usually, those people are unaware tools manipulated by angels. Angels use those people to gather more followers, so that angels can have bigger and more tasty feasts.

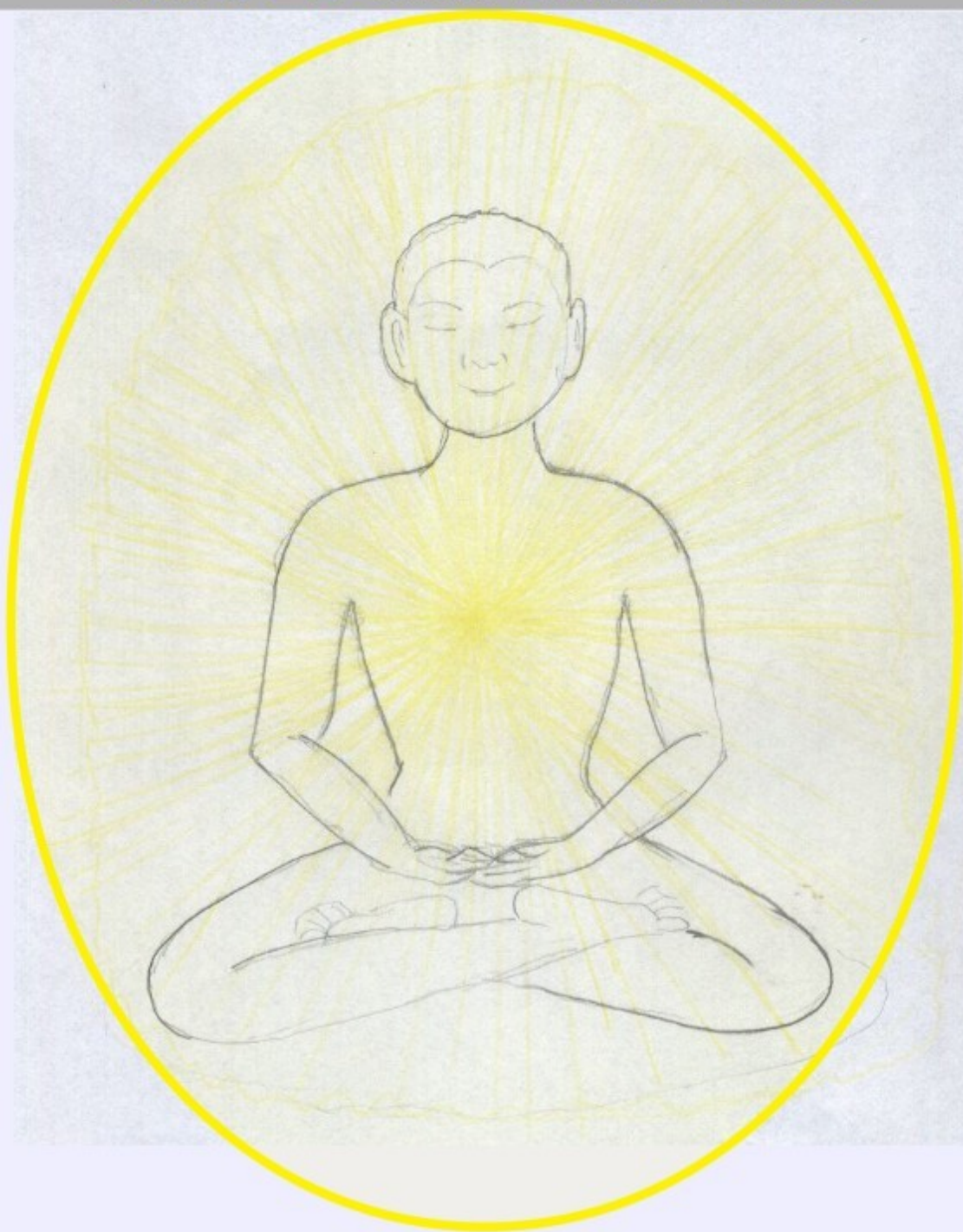
Be aware that majority of angels are in fact spirit-vampires. They are very intelligent, so they can easily cheat you. They will make you see beautiful light, feel love, they can even heal you. However, remember, once they got you, your body’s life energy will be sucked until your death. If you later try to get rid of them, it may be very difficult and may make you suffer a lot.

Besides gods and angels, there are varieties of other invisible beings who like to consume human life energy. As I already said it twice, be warned, invisible beings can be intelligent and tricky much beyond your imagination. They can present themselves to you in tricky images or stories that you immediately believe them.

A popular method used by a spirit to gather a large herd is to create a story about extraterrestrials who came to guide people or even save Earth. Look on the Internet – you will find many websites promoting such ideas. Group or world meditations, prayers, etc. are promoted on that web sites. I have seen many people brainwashed and lost in this kind of movements; for example “lightworkers” who believe that they have a mission on Earth.

The picture “spirits feed on life energy emanated by angry man” presents a different situation. What you see on this picture is what happens when man becomes angry, frightened or agitated emotionally with what most

SELF-PROTECTION IN EGG SHAPED SUN EMANATION



people feel as negative or bad feelings.

An angry man is usually very emotionally agitated. Emotion is an explosion of life energy, therefore the aura of the emotional man looks like a fire. This kind of energy emanated by the body is very attractive to some invisible beings who are called vampires.

Yes, vampires really exist in the flesh and in spirit. Those existing as spirits cannot suck blood but they can and they do suck life energy. Remember, whenever you are angry, frightened, feel hatred, etc. your life energy is evaporating away and vampires have feast.

Do you know where you can find many vampires feeding on energy emanated from humans? They are attracted to places where many people fight, shout, quarrel or are otherwise emotionally excited. Good examples of such places are mass gatherings for political hate speech, protestations, sport competitions or battle grounds. Theaters, cinemas, stadiums, television shows, group computer games, etc. where people gather to watch scenes of violence also attract vampires. Places where many people suffer, for example large hospitals, are usually attractive for vampires.

On the other side, religious gatherings, group prayers, global or mass meditations, etc. attract so-called gods, deities, angels or whatever you call those different types of spirits. They come, of course, to suck life energy of the large groups of people.

SELF-PROTECTION

Many people told me that they do not agree to feed any spirits, regardless of whether they are gods, angels or vampires. Those people do not agree to lose their precious life energy; on the contrary, they want to increase their own life energy to extend their lifespan.

Next time, when you become angry, start to quarrel or get yourself into an emotional event, you can stop for a while. Then, take a deep relaxing breath and ask yourself, whether you really agree to lose your life energy and feed vampires. If you like that energy exchange, go ahead. If you do not like to be sucked, here is a technique to get rid of vampires.

To protect yourself against being sucked by spirits:

- Stay aware of your emotions so that they do not take control over your behavior. This relates to any emotions, so-called positive and negative ones.
- Stay focused on yourself because energy follows your imagination. What you focus on, it grows or amplifies. In other words, you power the things that you focus on, you send them life energy.
- Do not pray, bow, reverence, etc. to any being or thing. That is an act of voluntary subordination in which you unconsciously send them your life energy. This is how you become their subject or slave.
- Remember the simple fact that you are the Master of your life.
- Use your imagination power to visualize yourself inside of an egg-like shaped sun, something like what you see on the following picture. The shell of the sun-egg structure is impenetrable for spirits if your egg is full of sun-like or fire-like emanations.

This type of protection is also efficient if there is a spirit already attached to man's body. According to my observation, majority of people, especially those living in big cities, have at least one spirit attached to their body. They are not aware that such spirits can control the behavior of their victims.

If you do mind exercises, so-called meditation, and you notice that there are thoughts not created by you, or there are voices in your head, there might be a spirit attached to your body.

Almost all people of strong religious faith, so-called called ‘fanatics’, are controlled by invisible beings. The stronger these people believe, the easier it is for an attached spirit to control their behavior.

That is why the fanatics intensely preach to convince other people to become members of their faith. The attached spirit controls fanatics in order to bring more ‘food giving sheep’ into the spirit’s herd.

Warning. As I told you before, do not even try to teach a fanatic, do not convince them because if you do, they may become very angry. Their strong blindness make them ready to fight to death or even kill. To be safe, better go away from the fanatics, so that you do not pour more ‘oil into their fire’, unless you like to participate in a risky play.

SWITCHING FROM ANGER TO JOY

You are the Master Creator of your life, therefore, you can decide whatever you choose to. You can enjoy joy, happiness and Love, or you can enjoy anger, hatred and fear. None of these are bad or good. They are your choices, conscious or not, to experience your game of Life.

I have noticed that most people do not like so-called bad emotional states, for example, to be under the influence of anger, hatred or fright. Angry people, after they cool down, regret their behavior and feel exhausted. If they knew how to avoid negative emotional explosions, they would have suffered less.

Have a look at this simple technique to switch between emotional states, in the following picture. Whenever you feel anxiety, anger, hatred, sadness, etc., you can switch to feeling Love, within seconds. In other words, when you are in so-called negative emotional state, you can switch to so-called positive emotional state where you experience joy and Love. You may need to sufficiently practice this technique first.

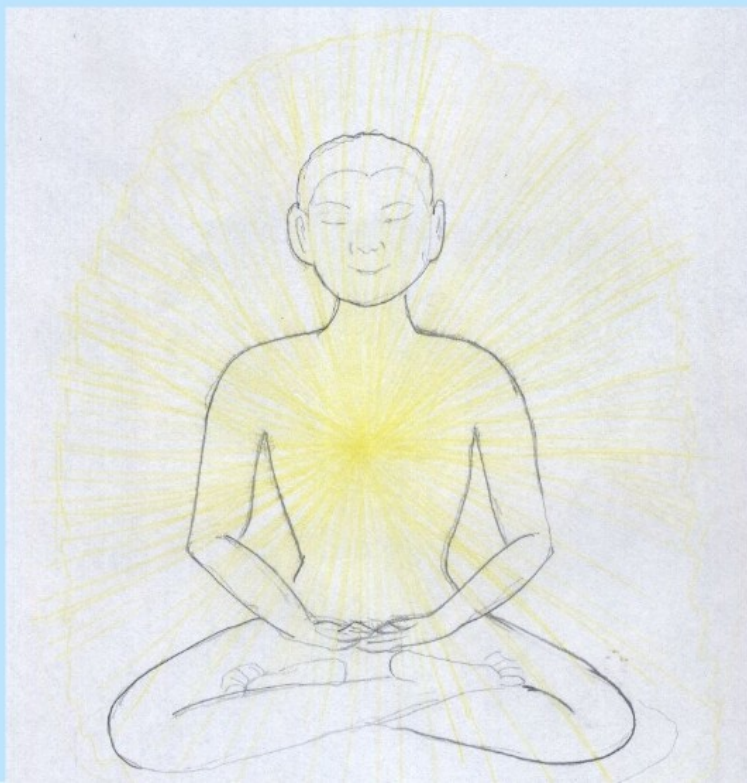
ANGER



**What you focus on, it grows.
To change your emotional
state, change the image that
you focus on in your mind.**

SWITCHING

LOVE



The key to success in switching from a negative to positive states is what I already have mentioned a few times – your life energy follows your imagination. What you focus on, it grows or amplifies. Therefore, the key to success in the switching between emotional states is the thing that you imagine in your intellect.

Let me ask you. When you feel angry, frightened, etc., what are the thoughts and images that you focus on? What do you imagine? What do you think?

In such moments, do you think something like: “I am so relaxed and joyful. I feel Love. I Love myself. I feel so well. I enjoy my life.”

Or you focus on something less empowering, for example, you call names, send harmful wishes, imagine something or somebody fail, hurt or die?

What you imagine and think is the key to your emotions. The more you focus on images and thoughts and the longer you keep them in your intellect, the stronger they impact your instinct.

It is your instinct that creates your emotional reactions states. Your instinct is influenced by factors in your environment and also by your intellect, that is images and thoughts created by you. Your intellect programs your instinct; therefore, you can influence your instinct most efficiently by using your will.

If, while being under the influence of negative emotions, you decide to switch to joy and Love, you have to change your focus. This is the key – **change what your thoughts and images focus on.** Your life energy follows your imagination – I repeat this once again because it is utterly important psychic mechanism.

For example, you are angry, shaking, your pulse is fast, etc. Freeze for a second or two, so that you can become aware of your state. Then, take a

deep relaxing breath or two or three, while still keeping yourself fully aware of your emotional state.

Now, become fully aware of your intellect activity, that is your thoughts and images. Whatever they are, detach yourself from them – this is the important key, because you are not the thoughts and images present in your intellect.

Next, image yourself joyful and Loving. Enforce this image that you are joyful, behave happily and feel you Love yourself. Whether silently or loudly, do repeat to yourself something like this: “I am so joyful and happy, I Love myself, really I feel joy, happiness, I really fully Love myself.”

Keep repeating this until your negative emotions fade out. Continue to program your instinct with these sentences until you really feel well, that is, your emotional state is back to normal.

Using this programming techniques, you can train your instinct to quickly switch from anger to Love. If you practice sufficiently, later every time your instinct reacts with anger, fright, fear, etc., it will switch to feeling of joy and Love within several seconds. In this way, you will not waste your body life energy. On the contrary, your body will benefit because it will be charged with more life energy.

If your children often become irritated, angry, etc., you can teach them this technique. They will learn it quickly and benefit for life. Statistically, older people need more practice to successfully apply this technique.

After switching from anger to joy, you can relax and do the self-protection sun-egg exercise for at least several minutes. This will assure the vampires around you that there is no more food to feed on.

LOVE

There are several types of what people call “love” but only one term is used for all of them. Some of these loves are listed here:

- parents love their children or vice verse;
- god loves people or vice-versa;
- boyfriend loves his girlfriend;
- man loves a place or country;
- man loves to eat something;
- man loves to do something.

I want to talk about a different type of love which is none of the above listed ones. To distinguish it from other loves, I use the capital letter ‘L’, so I write ‘Love’.

This **Love** appears as a by-product of powering the body of a being with life energy. Powering a body with life energy makes it more alive, that is why this process is called revitalizing. When the revitalizing is very strong, its feeling can be compared to being born again. To define simply, it can be said that **Love is a by-product of life creation process** for a being.

When life energy appears in your body, you experience joy for no reason. While experiencing this joy, you focus on what your body feels, you may say: “I feel Love and I see Light, even with my eyes closed.” Indeed, this very pleasurable feeling is called Love. You feel Love and see Light when your body is powered with life energy.

When the process of creating life for your body occurs, you first feel joy; this is often described as ‘joy for no reason and coming from nowhere’. This joy is the first indicator of increasing life energy in your body.

**The process of creating life for a being
is manifested by Love and Light.**

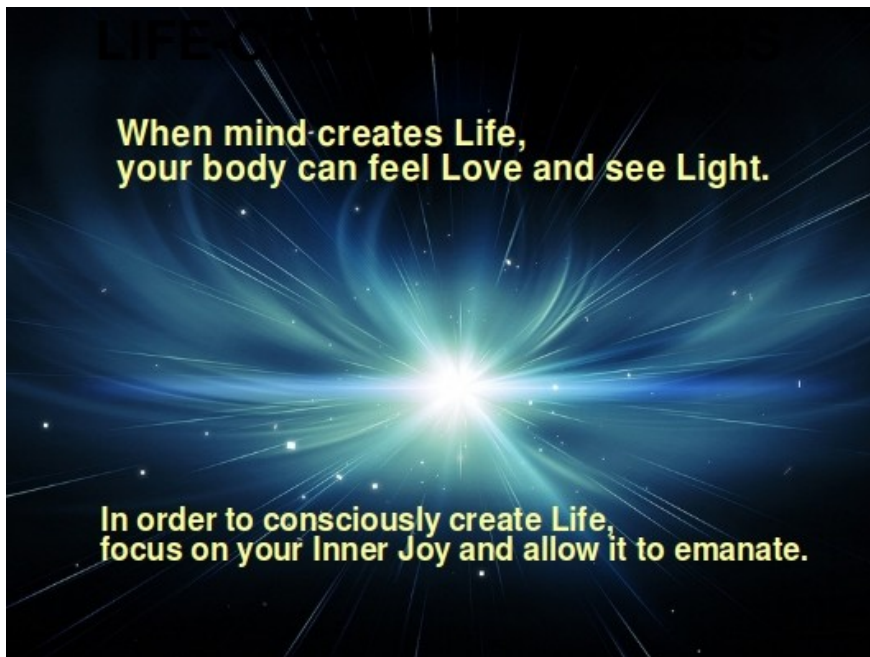
Life has been created.

**Love is what the body feels.
Light is what the eyes sees.**

If you do not pay attention to your body while this process happens, you feel joy only. The moment you become aware of your body, you experience a very nice feeling – Love. If you are sensitive enough, you will also see Light, with open or closed eyes.

These two pictures visualize what happens when life of a being is created or when a being's body is powered by life energy.

life energy increases → joy appears → feeling Love



**When mind creates Life,
your body can feel Love and see Light.**

**In order to consciously create Life,
focus on your Inner Joy and allow it to emanate.**

When people refer to Love, they sometimes say “unconditional love”, “God’s love”, “universal love” or even “pure love”. According to the explanation above, Love is a feeling that man experiences while his body is powered with life energy. It is quite different compared to what lovers express when they say “I love you.”. Also, parent’s love for children is different compared to Love explained above.

SYMBOLS OF LOVE



Do you know why a yellow sun is the symbol of Love? Take the example of the Sun in our solar system; what does it do?

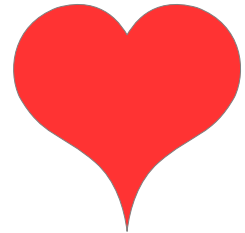
It gives birth to the solar system, it sustains life of all the beings by providing warmth and light.

The Sun does not want anything in return for continuously keeping all the beings alive. You can express any feeling towards the Sun, you can love or hate it, you can behave in all possible emotional ways – it does not matter, the Sun always Loves you, regardless of your actions, feelings or behavior. There is no condition that makes the Sun to change its Love to you. Unconditionally, the Sun always sends life energy to you, as it does to all the beings in the solar system and anyone approaching it.

A yellow sun is used for the symbol of Love because sun has similar characteristic features:

- creating and sustaining life of beings;
- unconditionally emanating light and warmth;
- spiritual nature;
- peaceful;
- stable.

A red heart is used as the symbol of love because your physical heart really can be engaged in love. When you “fall in love”, you can experience physical and psychical glowing – this is why red color is used for this symbol.



Some characteristic features of love are:

- conditional emotional attraction, attachment and affection;
- drawing your life energy;
- aiming for physical experience;
- changing.

Look at the two following sentences. There is a huge difference between them, although when spoken, they sound the same.

**UNDERSTAND SIGNIFICANTLY DIFFERENT MEANINGS
BETWEEN THESE TWO SENTENCES**

I you.

I naturally and unconditionally emanate life energy towards you.

I  you.

I feel attracted to you, therefore I want to possess you.

I hope that from now on, while using social media software on the Internet, you will choose ♥love or Love symbols depending on what you want to express.

LOVE YOURSELF

“Love yourself.” – I guess that you have heard this sentence many times. Most people do not understand its real meaning; do you? Some people

even say that Loving yourself is egoistic and not moral. Many people, who are lost in their faith, even say that Loving yourself is a sin because you must Love others and help them first.

I advice you this.

In the first place, fully Love yourself and be egoistic, that is, take the best care of yourself in whatever possible way you can. Place yourself in the most important position, be the priority before any other being.

The fact is that you are the most important being in your life. From birth, you are with you all the time, even when you sleep. It is also you who takes care of your body and of your living circumstances. Every your decision influences your life. You have also so-called “free will” which means that at any moment you can choose what to think, say and do. All of this, in summary, means that you master your life.

Look, your life is the result of you managing it. If you have so-called problems, they are created by you. If you fully enjoy and experience happiness, that is also the result of how you care about yourself. If you think that your problems are caused by others, or if you blame others for anything in your life, it means that you simply do not understand how you create your life by thinking, taking and acting based on your decisions.

What is the real meaning of “Love yourself”? I hope that by now you understand the difference between ‘love’ and ‘Love’. You also understand that Love is about life energy which powers the body. Thus, “Love yourself” means **give your body life energy**.

If you sufficiently provide your body with life energy, in other words, you Love yourself sufficiently, your body functions perfectly. Perfectly functioning body can be used as long as Earth lives. In common language, it means that you become physically immortal. When Earth

stops supporting biological life, also your body will die.

Most people never met a man who sufficiently Loves himself, so they cannot imagine a state of such a man. People ask me, how to recognize whether someone Loves himself?

These are a few characteristic features of man who sufficiently Loves himself:

- that man is always joyful even if they does not smile or express happiness;
- people around that man feel Love from them, some people feel it so intensively that they cannot stop tears;
- people who stay close to that man feel cure effect on themselves;
- sensitive people see subtle light emanating around that man;
- majority of people who meet that man, like or even love them.

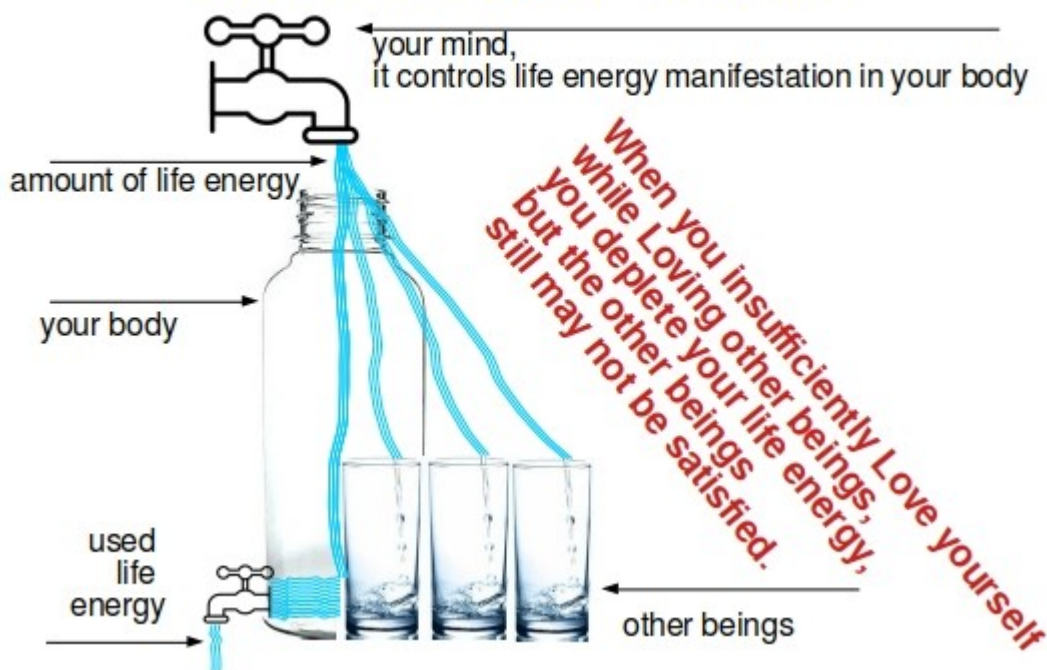
Indeed, people around man who sufficiently Loves himself, feel Love from them. That man may not even know or see those people, but they feel that man's Love. In fact, that man does not Love them. That man is egoistic, therefore they takes the best care of themselves in the first place. So, how is it possible that people who meet that man, feel that man's Love?

“In the first place, Love yourself, not the others.” – this is what people do not understand in my teaching. In order to explain what I mean, I use the following two illustrations.

Look at the next two pictures: “insufficiently Loving yourself while Loving others” and “sufficiently Loving yourself”.

These two pictures use symbols which are essential to understand.

INSUFFICIENTLY LOVING YOURSELF WHILE LOVING OTHERS



flowing water → your life energy

tap → your mind

bottle → your body

glass → other man (usually)

It is your mind that controls life energy for your body – this is obvious because your body is an image in your mind. The amount of life energy supplied to your body depends on what you think and image about yourself and others.

In both pictures, you see water flowing from a tap into a bottle. The difference is that in the first picture this water flows partially into yourself and partially to others, while in the other picture all the water is directed to yourself. You probably understand what that means.

In the first picture, you Love others more than yourself, so you choose to direct more life energy to them. This means that the bottle will never be full. Since your body continuously uses life energy, it will be always under-powered. You may need to direct more of the flow to yourself.

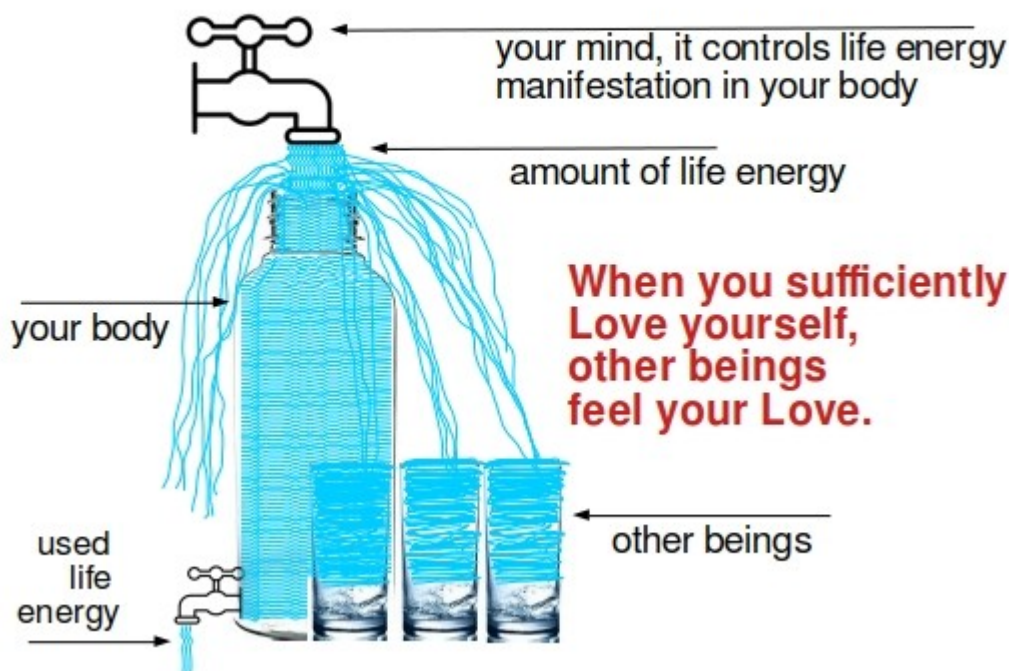
Those glasses may mean your family members, friends and all other people whom you dedicate your attention which implies your life energy. They may not be satisfied and even will complain saying that you do not take sufficient care of them.

Many relationship between parents and children can be represented by this picture. The parents do all they can to take good care of their children who are still unsatisfied, unhappy and even complain to their parents. Parents feel hurt or sad but their children do not become better, sometimes they become even rude and demanding.

Many relationships between couples, other family members or friends can be described by this picture, where one party is mainly offering and the other is only taking and demanding.

This kind of relationship is sick and harmful, unless one party enjoys sacrificing themselves and the other enjoys sucking them.

SUFFICIENTLY LOVING YOURSELF



In the second picture, all the water flows into the bottle. That bottle represents your body, it means that you focus first on yourself because you fully Love yourself. When you are full of life energy, a miracle happens – others feel your Love, so they naturally Love you, prize and admire you.

Of course, this is not a miracle, all of this follows the physics and psychology of man, in other words, this is how man is programmed.

Be egoistic, I mean, in the first place, Love yourself because you are the most important one. Make sure that your bottle is always full and even

overflowed. If you Love yourself sufficiently, also the others will benefit. When people see you Loving yourself, they may follow your example, they will Love themselves. Then they will naturally stop sucking others because they will become self-sufficient.

By the way, have you noticed that majority of people like small children very much? Look at those children, they are “so sweet”. Obviously those children Love themselves, therefore, when you are near them, you can feel Love.

Later, when the children are grown up, having been spoiled by the society education (harmful programming), they are not so sweet any more. Why not? The main reason is that they have accepted a lot of self-judgment, which made them to block the natural function of Loving themselves.

Loving yourself is one of natural mind functions that you are born with. Depending on how people in your nearest environment educated (programmed) you, sooner or later you block this natural ability.

THE MOST IMPORTANT MAN

Ask yourself the following question and FEEL the answer.

“Who is the most important man in my entire life?”

You may come with different answers. However, the answer which is true and the most beneficial for you is: **I am the most important one.**

That is right; for you, you are the most important man in your life, in the entire universe and in the entire history.

Why?

First,

because you are always with you, feel yourself and deal with your body and psyche in variety of circumstances. Nobody gives you as much attention and energy as you do to yourself.

Second,

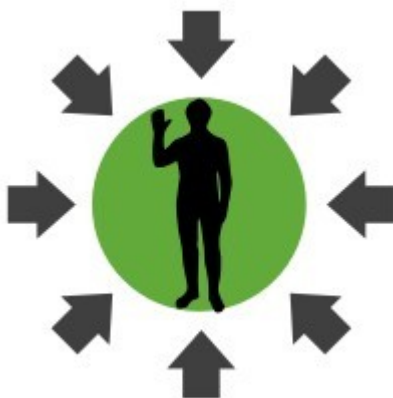
when you take proper care of yourself, you can provide material and spiritual assistance to other people. You can give the other people only as much as you have yourself. You cannot give something that you do not have, therefore, you first need to have enough, in order to give others. When the bottle is empty, it cannot fill a cup. First you need to make the bottle full – do you remember?

Imagine that you are the owner of a wholesale store, which provides goods to many shops around. You can easily understand, that in order to be able to provide your goods to others, you first have to take the utmost care of your storage, in order to fill it with goods. Obviously, you can provide the shops only those goods which you have in your storage.

You are in a similar situation when you want to give immaterial things to people, for example, an advice and console or joy and Love; first you must have them in you.

To be able to Love people, you first need to sufficiently Love yourself. When you sufficiently Love yourself, Love will naturally emanate from you. People will feel Love emanating from you. Then, when you focus on people, you will be able to send a powerful Love stream to them, even heal them.

Now, do you understand why you are the most important being in your life, in the entire universe?

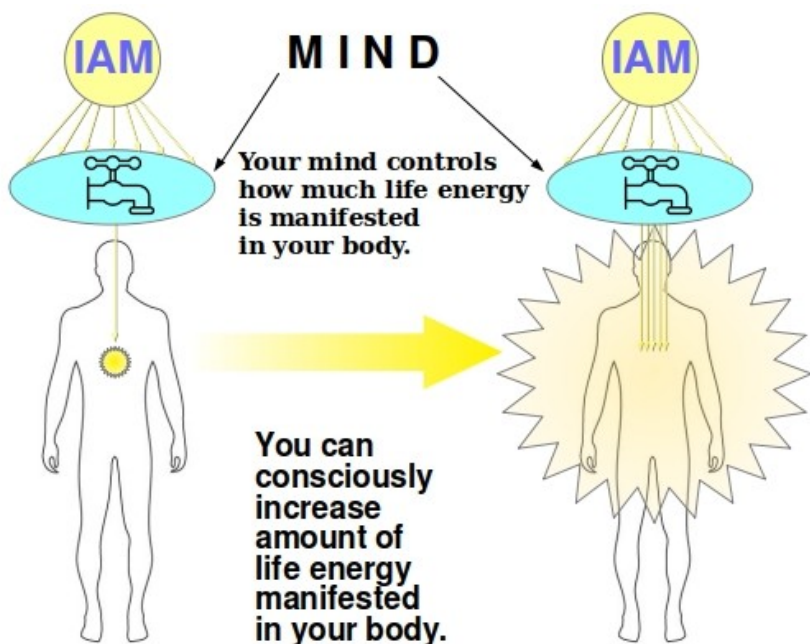


I am the most important man in my life.

IAM PROVIDES LIFE ENERGY

Your body is an image in your mind, therefore the life energy also comes from your mind. In other words, **your mind creates your body and its life energy**. However, your mind is just your tool which was created by you(IAM), so in fact, all the life energy originates from IAM.

The mind controls the flow of life energy from IAM into the body, therefore the symbolic representation of the mind is a valve. Using this valve, you can increase life energy flow into the body.



Look at the picture. On the left, you see the energetic state of a average man on Earth. The sun inside the body is the symbol of life energy being manifested thru the body. Most people look like that – I call it “barely

living”, which means that the amount of life energy they have is sufficient for sustaining their life but not enough to achieve things like longevity, perfect health, increased mind abilities, etc.

On the right, you see man who has increased the amount of life energy manifested thru their body. The inner sun of this man gives them sufficient energy to fully power their body. If this man keeps that high energetic state, their body will be in perfect health and will serve them for much, much longer compared to the average man. Indeed, if you master a technique to keep your body fully powered, it can serve you as long as the planet is alive, it becomes physically immortal.

IAM provides the mind with all energy which ever may be needed. In fact, IAM has limitless amount of energy. However, the mind functions like a valve, it controls how much life energy is passed to the body.

Would you like to learn techniques to efficiently control the valve? There are many exercises which help you to do that. Let me describe one of the simplest ones; it is called “Inner Joy”.

INNER JOY

When increased amount of life energy is passed from the mind into the body, you feel joy for no reason, as if it were coming from nowhere. Then, when you turn your attention to what your body sensation is, you feel Love and may see Light. The practice of Inner Joy exercise develops this natural skills of enjoying Love and Light.

Inner Joy exercise can be practiced by using passive or dynamic methods. I suggest to practice both whenever your circumstances allow. If you allow your Inner Joy to emanate by using both the passive and dynamic methods, you will achieve the desired results much sooner.

Passive Practice of Inner Joy

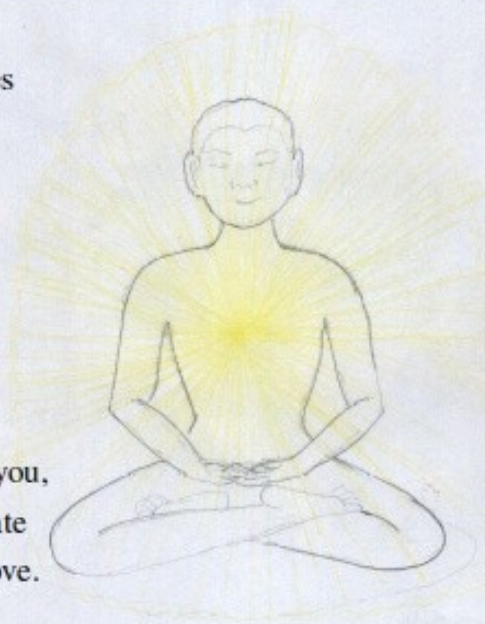
For most people the most suitable place to do this exercise can be found in nature. Make sure that all your senses can relax; this means that the place should not be too warm or cold, too wet or dry, not too windy, with no disturbing sound or smell, and you should be able to sit comfortably. Of course, if you do not will to move to nature, you can do this exercise in any other place. Make sure that your body senses are not disturbed.

Most people find that sitting in a relaxed posture with a support for the back is most suitable. When you lie down you might fall asleep, which is still OK but then you will not finish this exercise.

On the other hand, I suggest that you practice Inner Joy every time when you wake up. When waking up, your body and intellect are still in half-sleep and half-awake state. This state is the best for practicing the passive Inner Joy method, especially in the morning because it will make you get up joyful and energized.

Allowing your Inner Joy
to emanate freely activates
the source of body life,
thus making you to
feel Love
and
see Light.

Inner Joy is always within you,
you must **allow** it to emanate
when you decide to feel Love.



Whatever place or posture you choose, first deeply relax your body. You may need to spend a minute or so to properly release tension of all the muscles, which do not need to be tensed to keep your body posture.

Detach your attention from your senses. If you feel uneasy somewhere in your body, because it is disturbed by impulses from any of your senses, you may need to modify your body posture or find another place.

Detach your attention from your thoughts, relax your intellect and make it passive. As long as you are engaged in creating or following thoughts, you may not be able to do Inner Joy exercise properly. You do not have to struggle against thoughts appearing in your intellect, just let them be there but do not pay any attention to them. The more passive is the intellect, the easier it is to practice this exercise.

When the intellect is relaxed, when no sense is disturbing you, go deeper within yourself. This does not mean that your focus literally sinks into the body. What you need to achieve is deeper detachment from the physical reality. It would be ideal to feel yourself as if you were suspended in no time and space realm. Then, simply, allow Inner Joy to manifest and emanate freely. Here, the meaning of 'allow' is about doing nothing actively, just being open and passive to whatever appears.

Allow and expect joy to appear. Remember, do not create joy, just allow and expect passively. Your intellect must remain in the passive state which means that you do not create thoughts or images. Fully relax and allow, let it be, let joy appear by itself.

If you imagined joy, it would appear but that would not be the source of your body life. That would be a different exercise, an active energizing one.

In this fully relaxed state, when your senses and intellect are passive, you will sooner or later notice things which you were never aware of before. One of this things is the source of your body life. If you do not create any joy, if you stay in fully relaxed state and only expect, sooner or later you will begin to experience joy. This might feel strange for you because that joy will suddenly appear without any reason, as if it was from nowhere. This is Inner Joy, the source of your body life.

When Inner Joy appears, still do nothing, do not activate your intellect, stay passive and allow Inner Joy freely manifests itself more and more, let it develop naturally. Passively just enjoy the joy.

While Inner Joy is emerging and growing, at any time you can turn your attention to what your body feels. There will be a very uplifting, pleasant feeling – Love and probably also Light. These Love and Light are by-products of the process where your body is powered by life energy passed from IAM through your mind, as I described it earlier. Life is being

created and sustained.

Dynamic Practice of Inner Joy

Find a place where you can safely dance while singing and sing loudly. It does not matter how you dance or sing because, in fact, that does not have to be strictly dancing with singing. What you do is emotional, energetic movements while loudly singing a mantra. That may make you look like crazy – it is OK, some efficient exercises are of such a type.



While moving in this crazy dance, sing as loudly as you can, this mantra:

**I am the Master Creator of my Life.
I allow my Inner Joy to emanate freely,
thus I feel Love and see Light.**

That is all – so simple. Most people find this exercise easy. Even at the first time, when they perform it, they feel energetic body sensations that make them joyful and happy. They smile and laugh during and after the

exercise.

I suggest, whenever possible, practice Inner Joy regularly. Most people, and this is normal, when they start practicing Inner Joy, feel nothing special. I suggest, do not give up, just continue because if you do, sooner or later joy, Love and Light will appear.

You may notice that the experience of Inner Joy and the resulting Love and Light expands with the practice. When you experience that for the first time, it may be just something thin, but you will recognize, that's it! Continue practicing, it shall amplify, later the experience will be stronger and more pleasurable than the best orgasm you ever had.

Mastering Inner Joy allows man to keep their body in perfect health eternally. When you allow the source of life to emanate sufficiently, you are joyful and happy. In this highly energized state, you can kill or heal others just by touching them. While being so energized, your body does not need to consume anything to function perfectly. It is a fact that Inner Joy exercise is a key to become an immortal inmediate. Besides that, you can perform some so-called miracles.

MANTRA

Have you heard the word “mantra”? Have you ever recited any mantra? Many people whom I asked this question, answered “yes”.

Then I asked them again:

“What is mantra?”

“Why do you recite that mantra?”

“What effect does reciting that mantra have on you?”

I realized that people became surprised when I asked these questions. They did not know what to answer. Some said that they were praying like that because that was a religious teaching they followed. Others said that they did not know the meaning of the recited mantra because it was in language that they did not understand.

Then I asked:

“Why are you practicing something that you do not know? Why do you recite a sentence which meaning you do not know? Do you know whether this mantra is harmful or beneficial to you?”

How about you? What are your answers?

I hope that you remember what the mind is, what it consists of and how the parts of the mind work? If you do not remember, I suggest that you go back now and reread the chapter about the mind, especially instinct. You need to know that in order to understand about mantra.

Mantra is a programming technique where intellect programs instinct, so that some of the instinct functions can be changed. In this technique, a specially constructed sentence is repeated many times. You can say the sentence, sing it or listen to it. If mantra is repeated sufficient number of times, people fall in a state similar to a self-hypnotes or a trance. In this

state, intellect is bored, so it does not fully control what is programmed into instinct. Instinct is under stronger influence of the repeated sentence, therefore the result of the mantra is built into the mind.

For your safety and benefit, I suggest that you ask three main questions before practicing a mantra:

1. What is the exact meaning of this mantra?
2. What is the result of practicing this mantra?
3. Is the change done by this mantra to your mind beneficial or harmful?

If you know the answers and you decide to make the change in your instinct, then the mantra technique could be useful.

THE MOST POWERFUL MANTRA

Earlier in this book, you have seen two sentences of the most powerful mantra.

**I am the Master Creator of my Life.
I allow my Inner Joy to emanate freely,
thus I feel Love and see Light.**

Let us answer these three main questions before practicing this mantra:

a. 1.

The exact meanings of the key words used in this mantra: “Master Creator”, “Life”, “allow”, “Inner Joy”, “Love” and “Light” are explained in the preceding text of this book. If you do not remember, I suggest that you go back to study again. This may be necessary for you to really understand what the meaning of the mantra is.

a. 2.

This mantra programs your instinct in a way that makes you feel more powerful in creating your life in your daily living circumstances. It makes you to know that you are the one who have created your life as it is now being experienced by you. The mantra also makes you aware that you master the process of creating your own life.

Then the second part of the mantra programs your intellect and instinct to naturally pass more life energy into your body, so that you continuously experience the high state of life energy.

a. 3.

Of course, the result of practicing this mantra is beneficial. In fact there are many benefits for programming your intellect and instinct by this mantra. What exactly are the benefits, will depend on what you want to achieve in your life. Some common benefits include, just to mention a few, health, prosperity, joy, happiness and longevity.

I am the Master Creator of my Life.

I allow my Inner Joy to emanate freely,

thus, I feel Love and see Light.

PROGRAMMING PEOPLE

I suggest, for your benefit, make sure that you understand the mind well, especially how its three parts function. The more you know about the mind functions, the easier it will be for you to understand the behavior of people. You will also see this knowledge is being used to control societies and manipulate the thinking of people. Then, when needed, it will be easier for you to elaborate mind exercises related to so-called spiritual development or self-growth.

The knowledge of how the mind functions, has been essential for the rulers to control masses of people. Teaching this kind of information has been not encouraged, it was often forbidden in the past. Why? Because the more you know about how the mind works, the more difficult it becomes for the rulers of the society to control you.

The rulers call masses of people “cattle”, “sheep” or “slaves”, and they really think about the masses like that. What they mean is that the average knowledge of psychology and physics in the society is so low, that compared to them, the people are as unaware as the cattle. That is also the reason why people must serve the rulers, the masters.

Let us learn more about mind so that you can understand how people can be programmed. Program your instinct to control your behavior, therefore benefit most of your life. You can program others or you can notice how others have been programming you.

First, as an example, I will tell you a short story where I compare babies from Earth and from other planets, in relation to their eating.

On Earth, when babies are born, they need to drink mothers milk, that is their food. While the babies grow, they have to receive other type of food.

If the babies do not receive enough food, they emaciate to the point of death. The obvious conclusion is that food is necessary for man to grow and to sustain their life on Earth.

On some other planets, when babies are born, they may need to drink mother's milk too. While they grow, they drink less and less, but no other food is given to them. Later, the babies stop drinking mother's milk but they are not given anything else to consume. That is essential for the babies to live. If the babies were forced to eat something, their bodies would be quickly damaged to the point of death. What people on Earth call food, is considered to be a poison or a drug on some other planets.

In summary, people on Earth must eat to sustain their bodies. If they do not eat for too long time, they die of starvation.

On some other planets, on the contrary, people must not eat. If they eat, they die.

People living on Earth and on some other planet may look the same. If you saw any of those extraterrestrials on the street, you would not notice any difference. They also have the digestive tract and all the organs same as people on Earth. The only difference is that they do not eat.

If they eat or drink something, it is a very small amount, because they consider it taking drugs. They take drugs for the same purpose as Earth people do, to have a psychedelic experience.

You see, there are people who do not eat, because if they did, they would die. There are also people who eat, because if they did not, they would die.

This is a significant difference – is it not? What makes human bodies function in so diametrically different way? Do you know? You should; if you have sufficiently understood the mind, you know the answer, it is all about differences in instinct.

Instinct of people born on Earth have a program which basically reads like this:

>>

In order for the body to function properly, defined substances have to be inserted into the body in proper amount, at right time.

<<

Instinct of people on some other planets have a program which basically reads like this:

>>

In order for the body to function properly, no external substance is allowed to be inserted in the body. (except air, of course.)

<<

Indeed, in this chapter I am talking about programming of instinct, not only in relation to food and eating. Do you know that there is a huge number of programs in instinct? Some people even say: “everything is a program”. Indeed, being a programmer of the mind, you belong to the most powerful people on Earth.

Your eating, diets and body needs are programmed in your instinct. Your feelings and emotions are also programmed in your instinct. Therefore your behavior is also programmed in your instinct. How people speak and even think is programmed in their instinct.

Your basic set of programs in instinct is copied from your parents. After birth, instinct is programmed by all the people and environment around the growing baby. This process lasts throughout the rest of man’s life. This is why majority of people living in same environment behave in similar way.

The more you are aware of how instinct programming affects your life, the more you may be able to modify it according to your likes. This is why I often emphasize that studying the mind, especially instinct, is very

important in man's life.

Be aware that if you do not know, because you have not learned enough about your mind and methods of programming it, other people know how. They use their knowledge to manipulate you, so that you will behave as they want you to do. Be aware that people behind the governments, religions and many different institutions, all those who want you to follow them, use programming techniques to affect your instinct. Advertising, psychology, sociology are applied to affect your choices and decisions.

BELIEFS ARE LIKE BARS IN A CAGE



**When you are behind the bars (beliefs),
you cannot experience the outside world
(knowledge and truth).
Only after you free yourself,
you will be able to explore it.**

There are manipulators out there ruling people's life, ruling the masses so-called "sheep". The manipulators are very intelligent and efficient in what they do. Most people are not aware that they are being manipulated by their rulers. They can make you to decide fight to death for what you

believe; originally, it will be what they had programmed you to believe and act on. You will never be aware of that fact till you learn the secrets of mind programming.

How is it possible that majority of people unconsciously support the manipulators? Even though most people are unhappy and unsatisfied about their life, even though they complain, but they still behave exactly as their rulers (manipulators) want them to do.

The main reason is that people do not learn enough, therefore they do not know, they rely on what they believe. People base their life on beliefs, not on knowledge. Most people are resistant to changing their beliefs; some of them are ready to fight to death for what they believe.

This is the key how the manipulators catch you – they make you to believe. They know that once they make you to believe something, they will not have to force you, you will follow it yourself, exactly as they want you to do.

GETTING RID OF BELIEFS

This chapter is only for those who decided to reprogram their instinct in order to free themselves from manipulation. If you prefer to stay with your beliefs, skip this chapter. If you decided to get rid of your beliefs, you can do two exercises described below.



I feel like giving you this warning. The more you free yourself from beliefs, the more incompatible you become to the social system and its rulers. Besides that, lots of people may not like you any longer because you will become so-called “black sheep”. This is because majority of people do not want to know the truth, they prefer to live according to their belief and even defend their status. This is partially caused by their inner fear of changes.

How do you get rid of your beliefs? The first step is to make yourself aware that you have beliefs. Probably, there are many beliefs that you are not aware of, because you think that they are your knowledge. Majority of people are not aware that almost everything that they think they know, is actually what they believe. Therefore, at the beginning of this freeing process, you pay attention to yourself and to others, in order to become aware of your beliefs. Usually it is easier to point out beliefs of other people. Let us do it now.

Exercise 1

It may be easier for you to exercise with your family members or friends. Listen carefully to the statements they make while talking. At any time when they make a statement, ask them this question:

“Is that what you believe or you know it?”

or

“Is that your knowledge or your belief?”

If they answer that it is what they know, then ask them:

“How do you know?” or “How did you get/build that knowledge?”

Now listen how they explain that it is their knowledge, how did they get to know it. Many people will say that they have read about it in a book or Internet, saw it on TV, somebody trust-able told them or that they logically concluded. Then you will know, that it is what they believe, not what they know.

Be aware that when you keep asking people, whether they know or believe something, you may drive them crazy. I suggest that you do not put yourself in troubles by asking this question to your teachers because some teachers hate students who ask wise questions. Besides that,

consider deeply before you ask this question to authorities – they do not like to be perceived as not knowledgeable people.

You can also exercise by asking this question on social media, some Internet forums or chats, especially ask those who are preaching. However, if they ban you quickly, do not wonder, for what reason you were kicked out.

Teachers, authorities, masters, priests, politicians, gurus and other people with followers do not like to be questioned like that because it exposes their lack of knowledge. They are the main people spreading beliefs and confusion on this planet. Most of time, they talk/teach according to their beliefs, not knowledge, in other words, they do not know what they talk/teach about.

Belief Exercise 2

Pay close attention to your own thinking and talking. While building a sentence, insert into it one, two or all three of these words: ‘information’, ‘belief’/‘doubt’, ‘know’. Usually, when we talk, we would not use any of those three words. You may feel strange and it may be unclear where to insert them into your sentences; it is OK, just practice. Conscious talking like this will make you aware of what you believe or doubt and what you really know.

Here are some exercise example sentences.

“Having information from weather forecast, I believe that it will be raining this evening.”

“I know that drinking coffee in the morning makes me sleepy afternoon.”

“According to information from science books, I doubt that people on Earth are the only intelligent beings in the universe.”

“I do not know what I know but I doubt that it is enough to take proper care of my life, so I believe some information which resonates with me.”
“I believe that having read this book I will remember most information.”

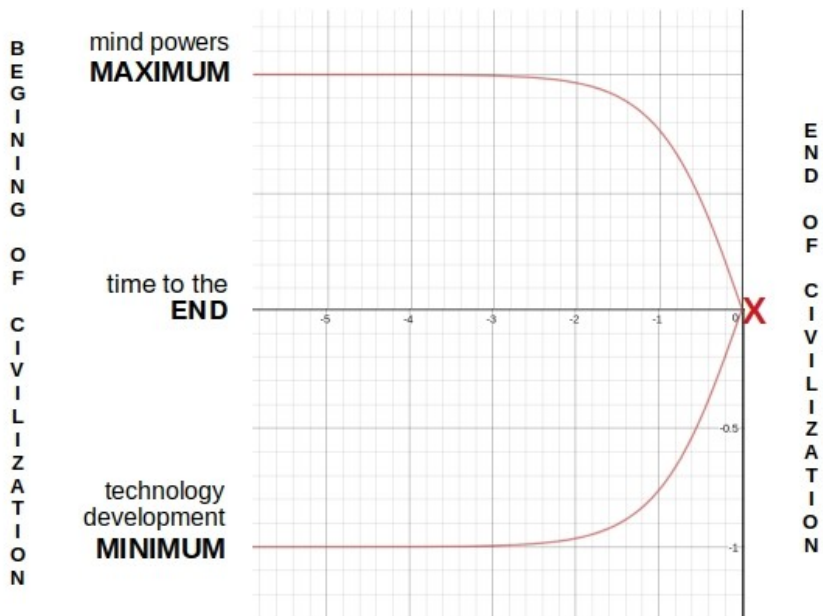
These two exercises, if you practice them, will make you see people and information sources very differently compared to what you have been perceiving. It also will make you more aware that almost nothing is sure and if you choose to rely on something, it better be your knowledge, not what others preach to you and want you to believe.

CIVILIZATION CYCLES

There were many civilizations on Earth before the present one. Every of these civilizations ended in self-destruction when it reached the top of its technological development.

The present civilization is not much different compared to the past ones, and as I can see it again, this civilization is also going to destroy itself.

The main reason why civilizations on Earth destroy themselves, when they reach the highest technology development stage is that with the development of technology, the mind powers of people degenerate.



This is a very important teaching from history, let me state it again:

In any human civilization on Earth, **the more is their technology developed, the weaker the mind powers of those people become.**

Look at the diagram. At the beginning of a civilization, the mind powers of people are at the highest, but they have no technology. We consider those people “primitive”. They are primitive in technology but their mind powers are much higher compared to how people use their minds in present times.

If you would meet people from the beginning of a civilization, they would think that you are extremely primitive, and you would see them as people who can do miracles. For example, they would clearly know what you think and feel although you would be on the opposite side of the planet. Imagine, how primitive the most advanced mobile phone would look to them. They would wonder, why do you want to use such a harmful and limiting thing for communication.

With the flow of time, when people use technology more and more, their mind powers degenerate. This is a well known phenomenon that **less and less used organs or abilities degenerate**.

The more people rely on technology, the more their mind powers and their abilities degenerate. People move farther and farther from nature, build artificial habitats called cities which later change to hell on Earth. Technology, especially so-called “artificial intelligence” overtakes more and more human thinking. This causes inevitable disaster. Artificial intelligence, sooner or latter, will start to consider man as incompatible and unsuitable organism, so it will start planing how to extinct man.

It is not only AI which destroys man, there are several other factors which cause total destruction of civilization, for example weapons used during global war or water, air and soil poisoning or man made pandemics.

In fact, this also is a vast topic. Let us talk about it when we meet. For now I suggest, limit your usage of electronics and stay in nature.

TAKING CARE OF YOURSELF

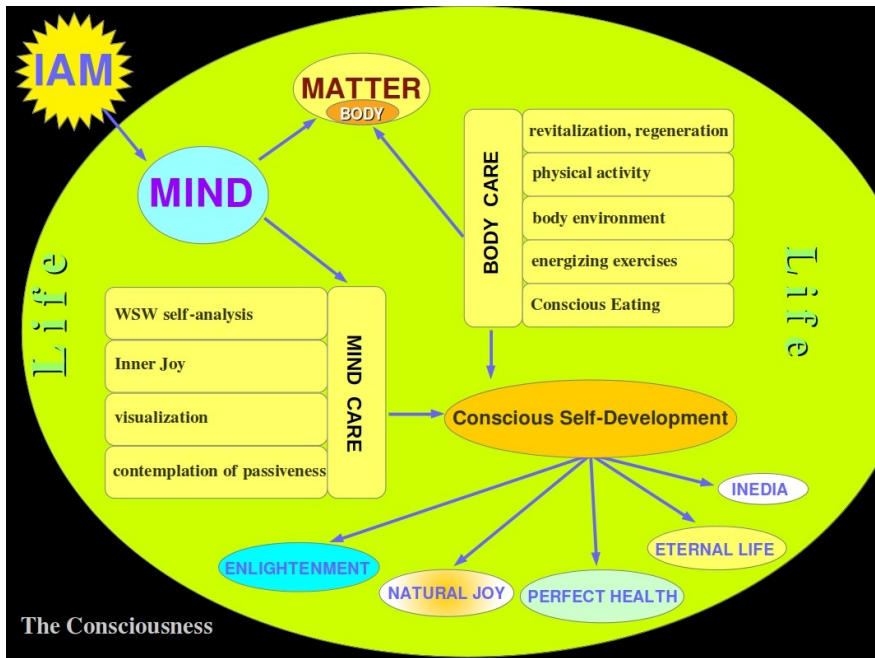
Look at the following picture, this diagram summarizes what I have written until now; it also introduces what will follow. The black background still represents The Consciousness. IAM emerges from The Consciousness and creates the mind. The mind creates Life which contains all of the matter. Your body is the most important piece of the entire matter.

To remind you and to be more precise, I emphasize that the mind, Life and matter ovals should be inside IAM, same as I draw it in the previous pictures. However, with concentric ovals, this picture would be too crowded, so I decided to draw it differently. I hope, you remember that IAM creates the mind within itself, then the mind creates Life also within itself.

Look at the new elements, “body care” and “mind care”, which are going to be described in next chapters of this book. As the titles implies, they relate to taking proper care about the body and the mind. You do that by practicing exercises which supports man in keeping their body and mind functioning properly.

When you take proper care of your mind and body by practicing some exercises, you are doing what can be called “conscious self-development”. In other words, you can say that you are on a path of self-growth. Some people may say: a system for “expanding consciousness”.

Whatever you call it, by practicing exercises designed for the mind and body, you achieve some results, which include enlightenment, natural joy, perfect health, immortality and inedia.



There are many systems or paths of conscious self-development. Some of these systems are widely known, for example Yoga, Daoism, Sufism, Buddhism – do not mix them with religions which use the same names. All of these systems promote practices for the mind and body.

MIND CARE

In this chapter, I describe some very beneficial mind exercises, they are: WSW self-analyses, visualization, contemplation of passiveness and removing layers blocking Inner Joy.

WSW SELF-ANALYSES

Did you ever regret your decision when it was too late because you were under the resulting circumstances? You probably said to yourself something like: “If I knew, I would never have made this decision”. I guess that you did, like me and others.

There is a way to find out in advance what it really is that makes you to want to take a specific decision. Often, when you find out the primary reason of your decision, you give up to decide. This is because you become more aware whether it is worth to make a decision and what possible outcome it may cause.

There is an efficient technique which you can use to find out more about the primary reason of any decision you intend to make. In fact, this technique is a deep psychological self-analyses which you do to yourself by using one of these two questions:

“**Why?**”

“**So What?**”

This is why I call this techniques ‘WSW self-analyses’.

Sometimes you do not know what decision to take. It may be that you are afraid about the possible outcome. You may ask yourself questions like these:

“Do I really have to do this or that?” “What if I choose like this or that?”

“I am not sure what to do or whether I have to do something about that.”

It is not always that you have to take a decision and follow it. In many circumstances you can do nothing, just give up. WSW self-analyses allows you to find out the primary reason of any decision you want to make; then you can evaluate whether it would be more beneficial for you to give up or to follow.

Here it is how you practically proceed with WSW self-analyses. First, take a large sheet of paper, rather not smaller than A2.

1. Write your decision on that paper.
2. Ask: “Why ... ?” Q1
 1. Write down the answers. It may be only one or more answers. Write down all of them. Let’s imagine that you have four answers: A1, A2, A3, A4.
3. Ask: “Why ... ?” to every of these answer, thus Q11, Q21, Q31, Q41.
 1. Write down the answers, same as you did above.

Continue this procedure. You will come to a point when asking a “Why ... ?” question becomes impossible, illogical or strange. In this case, ask “So what?”. This is the crucial point of the self-analyses.

Do not answer the “So what?” question, because it is asked to your instinct. **Whenever you ask a question to your instinct, you need to focus on what you feel.** Do not think how to answer, because this would come from your intellect.

“Why ... ?” is a question to intellect, then you need to think about the answer. “So what?” is a question to instinct, then you need to feel without any thinking.

Why ... ? → think	So what? → feel
-------------------	-----------------

Proceed with your self-analyses until you have no more “Why ... ?” questions. The more answers you give to the “Why ... ?” questions, the

more you learn about things related to your decision. You will discover things which initially you were not aware of.

There more you feel the reaction of your instinct to “So what?” questions, the deeper you learn about yourself and about things that you were not aware of. You may wonder at what comes out from your subconsciousness.

According to feedback received from my students, majority of people who made WSW self-analyses, give up taking the decision which they initially intended to. They also reported how wonderful lesson about themselves this analyses was. They call it “advanced psychological self-analyses and self-healing technique”. Indeed, WSW self-analyses really is a powerful tool on a path of your conscious self-development.

Look at the example below, how WSW self-analyses can be done. It is only a part of the entire sheet, which is several times larger, however this can give you an idea to follow, if you need it.

In fact, the author of this self-analyses gave up her decision to “lose weight”. One of the most important things she realized was that she suffered insufficient self-esteem due to education she had received from her society. From that self-analyses, she draw a conclusion that it would be more beneficial to focus on Loving herself. In fact, as the result of her growing self-awareness, later she did lost weight naturally.

WSW self-analyses is designed as an exercise that you perform on yourself. Sometimes you can use this technique with others, especially with a close relative or good friend. You ask them, they answer and write the answers. This is how sometimes you may help others to solve their problems.

I HAVE DECIDED TO LOSE SOME WEIGHT Why have I decided this?

thread for answer 1:

A1 So that people like me more.

Q11 Why do I want people to like me more?

A12 When people let me know that they like me, I feel better.

Q12 Why do I expect someone's favorable opinion about myself?

A13 People's judgment of me determines how I feel.

Q13 Why does my mood depend on someone's judgment?

A14 My self-esteem is not strong enough.

Q14 Why do I have such a low self esteem?

... and so on.

thread for answer 2:

A2 So that X will see me as more attractive and he will like me.

Q21 Why do I care if X likes me?

A22 Because I love him.

Q22 So what?

thread for answer 3:

A3 So that my body fitness improves.

Q31 Why do I want my body fitness to improve?

A32 Because then I feel better and am more attractive.

Q32 Why do I want to be more attractive?

A33 Because then people will like me more.

Q33 Why do I want others to like me more?

A34 I care more about X, if he feels more attracted to me.

Q34 Why do I care about X?

... and so on.

thread for answer 4:

A4 So that I can save money on food.

Q41 Why do I want to save money on food?

A42 I think I have too little money.

Q42 Why do I want to have more money?

A43 It makes me feel more secure.

Q43 Why do I feel financially insecure?

A44 I am afraid that I will have no money for living.

Q44 Why are you afraid to have no money for living?

A45 Then I will live in poverty?

Q45 So what?

VISUALIZATION



I guess that you have heard this term many times and you probably also practiced something which could be called visualization. In fact, people have given this technique many different names. There are many different teachings under these names, including books, videos and seminars.

People who practiced visualization techniques complain that their practice did not produce the expected results, in other words, it did not work as advertised. I can understand why many visualization

techniques do not give expected results – they miss something, I mean, they are not sufficiently elaborated or not fully described techniques.

Around the end of the twentieth century, I decided to travel through eleven countries in Asia. In that time, I did not have money to realize my project but I did visualize it done successfully. To make a long story short, a year later I was back home having visited eleven countries, and I had brought amount of money bigger then fourteen years of my work. Without visualizing during my Asian traveling, I would not had achieved such a miracle result.

I also used visualization later in my life, for example, to buy a new car and a house when I had only 10% of the needed money. I also used this technique to heal my body within a dozen of minutes. I have achieved a lot by using visualization, things that people would call miracles. When you sufficiently understand how the mind works, you do not believe in

miracles, because you can design techniques like visualization.

This table summarizes the key points of successful visualization. It is a description which I have elaborated based on my knowledge. I know that this works and gives me the final goal which I visualize.

1. Make a clear, realistic and vivid image or film in which all your senses are engaged.
2. Imagine the final goal in the present time, now and here.
3. Imagine that the final goal already has been achieved.
4. Know that it is all your present reality; believing may not work.
5. Saturate your image with life energy while experiencing joy and Love.



I am, now and here, a powerful lion !

For visualization to really give you the expected result, so-called ‘final goal’, you need to perform the mind work properly. There are five points which have to be fulfilled. If you perform all of these points properly, you will have your final goal of visualization realized.

First of all, be aware that visualization works, this means that if you do visualize properly, you will experience the final goal. Why it is important to be aware of? Having realized your final goal, you may discover that it is accompanied by unexpected associated circumstances. What if you do not like these circumstances? Well, you may regret but it will be too late. I suggest, think twice or more times and make sure that you really are ready to experience the final goal of your visualization and all the associated circumstances.

I suggest that you meditate on the following description of all five points of visualization, so that you can perform them properly. Only when you perform all the point properly, visualization will produce the final goal. If you perform some of these points not properly, the final goal may differ from what you visualized, or it may be realized later, or it may not appear at all.

re. 1

You have to be sure exactly what is your final goal. This does not mean that you have to envision all the details. Imagine only those features of your final goal which are important to you, leave the other things because they will be automatically adjusted to fit well.

For example, if your final goal is to have a new luxury car, you may not really care about its color, then do not imagine it. If the brand is important to you, imagine it clearly.

Your image of the final goal should never change, that is why you have to really make sure exactly what you want, before you start visualizing.

Very important – all your senses have to be engaged in your visualization. What it means? Well, you imagine not only the appearance of the final goal, you also imagine how your senses function in the circumstances of your final goal. Let us continue using this luxury car as an example.

1. Eyes – you see yourself driving this car and your family members sitting in it. You notice their happy faces. Look, what you see on the way while driving.
2. Ears – when you switch the engine on, you hear it. You also hear your family talking “Very comfortable seats and the car moves so softly!”. “You really did it, I still cannot believe, it must be a coincidence.”
3. Touch – You feel the temperature inside the car. You experience nice feeling of holding the steering wheel and also touching the smooth surface of the car interior.
4. Smell – You imagine the smell of the freshens while sitting in your car. You can smell that behind you your mother eats a fruit.
5. Taste – Imagine how you kiss the steering wheel and even lick it, all because you are so happy. How does it taste? – your child asks.

The more realistic are all of these sensations, the closer it becomes to realizing your final goal. Put an effort in engaging your senses as much as you can.

Make sure that your image is as vivid as your reality. In fact, this image should be a film running in your imagination, not a static picture. Make this film so realistic, with all your senses fully engaged, so that when you close your eyes you see it as something real in your life.

re. 2

While you are producing this realistic film, all must be occurring now and here, in the present. If you imagine it in future, it will never occur. Future does not exist in reality. Future exists only as imagination. You are never in future, therefore if your goal is realized in future, you will not get it, because you are always now and here, in the present.

“Now, here, I am driving my new luxury car.” ... continue.

re. 3

Imagine realistically that the final goal of your visualization already has been achieved. In your present reality. Now you already are the owner of

your car and drive it. All of that already have been realized.

re. 4

People ask me: “How can I ‘know’ that it is my present reality if I know that it is not?” and “Shall I cheat myself?” I answer, yes, you must cheat yourself. In fact, it is not you, it is your instinct that has to be cheated. To be precise, instinct is not cheated, it is programmed to produce and to display the modified reality.

How do you know? I mean, how does it happen that you get to know something?

It is all about your senses. Data perceived by your senses create your reality. When your senses inform you about something, you get to know it. If you see, hear, touch and smell a car, you do not believe that the car is in your reality, you know it, therefore the car becomes a fact for you.

This is the key in point 4. This is also the reason why I insisted in point 1. that you intensively engage all your senses. Once all the senses are sufficiently engaged, your instinct will be programmed to sustain this modified reality. Then instinct will run it automatically. When your instinct runs reality automatically, without your intervention, all your senses perceive this reality as true.

Remind yourself what I told you about the mind, especially instinct. All of the matter, including your body, is an image in your mind. In other words, your mind produces what your senses perceive as your daily reality.

re. 5

The four above points were about the image. Point 5 emphasizes the need for life energy. To produce reality, according to physics, an image (a program) and energy are needed. Therefore, in order to make your final goal come true, you need to saturate your image with your life energy.

Practically this means that when your image is ready, in other words, when all four points are fully realized, you need to produce more life energy and combine it with this image. How do you do that. Well, there are two approaches.

In the first approach. At the beginning of your visualization, make yourself very emotional. The more emotional circumstances you can produce for you to experience, the more life energy will be emanating throughout your body.

Make sure that this emotional excitation is caused by joy or Love. If you used anger, you may not be able to control the image. If you cannot control your image, it may badly affect the final goal and produce undesired side effects.

When you are under the strong emotion, maybe crying under the influence of joy and Love, bring your realistic image and focus on it.

The second approach is the opposite of the above one. You first produce the realistic image, then make yourself very emotional in order to combine the image with energy.

I suggest that you exercise both approaches and maybe later choose the one which works more efficiently for you.

For the highest efficiency and for the shortest time to achieve the final goal, visualization should be done from the moment you wake up until you fall asleep. What I mainly mean is that the image and thinking about the final goal should be kept unchanged in your intellect.

Some people do a serious mistake when they visualize only during special time dedicated for visualizing. After that time, the image of the final goal is often changed. For example: Joe is visualizing that his body is in perfect health; but when others ask him about his health, Joe complains and describes his health problems. This is how Joe is acting against his own visualization, damaging what he achieved during the

visualization time.

Keep the image of the final goal all the time. Even if others ask you, describe them the final goal as it is done in your visualization. If you do not want them to feel that you lie to them, say that you are visualizing and you do not want to impact your vision negatively.

By the way, when you are joking, do not change the image of your final goal. Instinct does not think, so it cannot distinguish whether you are talking seriously or joking.

I suggest, generally, whenever you are communicating with people, let it be spoken conversations, Internet chat or discussion forum, never state negative images about yourself. Your instinct really cannot think, so it cannot judge or distinguish whether you are serious or joking. Also, there more emotional your communication is, the more it impacts/programs your instinct.

Some people, while joking, would say sentences like: "... I am stupid ...", "... I look old/ugly ...", "... this is all my fault ...", "... you can blame me ...", etc. Even if you are not serious in your expressions, and others understand that you are not really thinking like that, your instinct will be programmed according to your expression. Be aware of this fact.

On the contrary, I advice you, use positive expressions about you, even if you do not believe them. Tell others that you are "very smart", "the best", "beautiful", "young", "very healthy", "Loved by people", etc. This will be so-called positive programming of your instinct.

ENLIGHTENMENT

I suppose that you have heard this word many times. People have given this word several meanings. Here is my definition:

> Enlightenment is a state of the mind in which intellect, being transparent and passive, can access information directly from intuition. < Enlightenment can be switch on or off, this is an ability of the mind, which people are born with.

As you may remember from the chapter about mind functions, intuition is like a storage of knowledge, in other words, you(IAM) know everything. Normally, being busy with its processes, intellect cannot access intuition, so it does not know more than it is stored in memory.

When you are born, your intellect is quite passive because it has little processing power. This means that there is almost no thinking occurring in intellect. Your intellect is not busy with thoughts, it is transparent, so it can see the knowledge in intuition.

Let me tell you a story. Imagine that you are in completely dark place, it is so dark that you cannot see your nose. You want to go home but in this complete darkness you do not see the way. You may believe that going this or that way will direct you home, so you start walking. Then you tumble due to an invisible hole or object, maybe hurting yourself. “Well, wrong way. Maybe here?”... You try and try but there is a little chance that you will find the way home.

Then you realize that you have a solution, there is an electric torch in your pocket. You take it out and switch on, light appears. “There is light now, so I can see the way clearly. I can walk safely. I know the way home.”

In this story, the darkness symbolizes ‘believing’, and the light symbolizes ‘knowing’. Indeed, it is like that in life, when you follow what you believe, you can easily tumble and hurt yourself. When you follow your knowledge, you are safe on your way. It is worth to remember these symbols, you can find them in ancient books and paintings.

+ = believing or belief; light = knowing or knowledge

Let us analyze the word ‘enlightenment’ => **en – light – en – ment** :

en = **in** (from Greek) or **place**,

light = **light** (root word),

ment = **mind** (from Latin);

therefore: **in – light – in – mind**

which can be written:

inlight-inmind

or

in-lighten-mind.

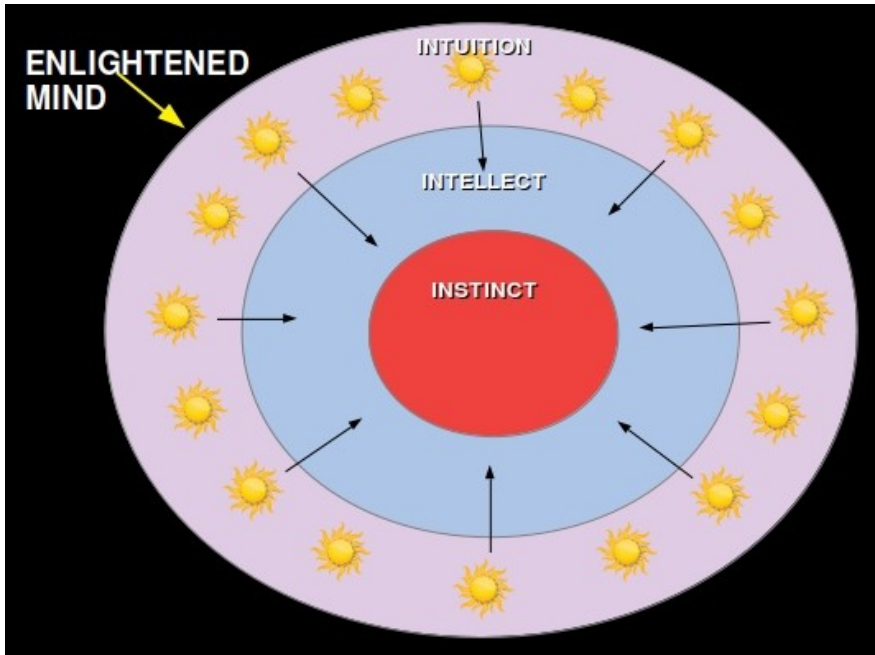
Also, **enlighten** is an archaic form of **lighten** = ‘to make light’.

To summarize, the exact translation of enlightenment could be: ‘light in mind’, ‘mind in light’, ‘place of light in mind’, ‘to make light in mind’, or ‘to make light in a place in mind’. Whatever the exact translation is, ‘enlightenment’ emphasizes a relation between light and mind.

By the way, the word ‘enlightened’ means “freed from ignorance and misinformation” (Merriam-Webster dictionary); so we can say that where there is light, there is no ignorance or misinformation. Of course, light = knowledge which deletes ignorance.

Hence the symbol of knowledge is light, therefore, a sun, a light bulb or a source of light can symbolically represent knowledge on drawings.

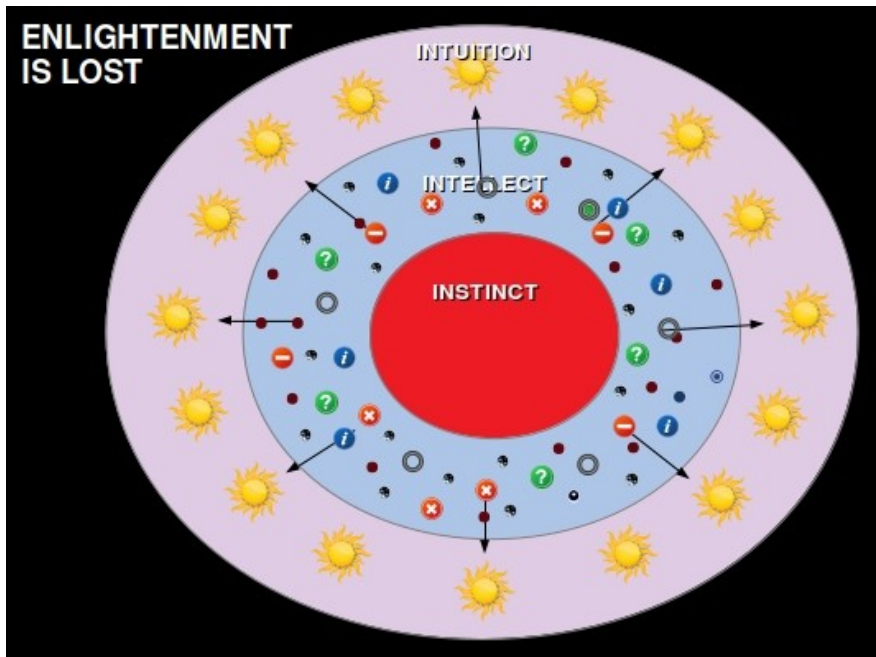
Look at the following picture “enlightened mind”. I drew many suns in intuition, they symbolize knowledge.



You see, intellect is empty, it is not occupied with any intellectual activity. There are no thoughts, intellect is passive, therefore it can clearly see the light emanated from intuition. The meaning of “see light” is ‘to know’. The picture represent a state of the mind in which intellect knows. This state of the mind is called ‘enlightenment’.

When man is born on Earth, their mind looks like that – man is born with the mind in the sate of enlightenment. You see, to have the mind enlightened is natural for man. Why adults are not enlightened? What

happens after the birth that causes the lost of enlightenment? Well, this happens due to education.



Yes, the education that people undergo from the moment of birth, gradually changes the state of intellect. First, the parents take care of the child, of course. They talk to, hug, kiss, feed, etc. the child – all of that makes the child to pay more and more attention to information from outside of their passive intellect. All of this information is delivered by the senses.

With the flow of time, while the child grows, their intellect becomes more and more active, therefore more and more thinking appears in the mind. Statistically, around the age of one, the child can intellectually interact with the parents quite much, the talking ability also develops. This means that the child's intellect is significantly more active compared to how it was just after the birth.

The child grows, they think and talk more and more because their intellectual abilities develop quickly. Statistically, around the age of three, the child is thinking and talking almost without stopping. This means that the child's intellect is not passive any more, it is now very busy. Very busy intellect is full of thoughts, it is focused on many activities. This means that intellect is not enlightened any more, enlightenment is lost.

The picture “enlightenment is lost” symbolically presents the mind where intellect is full of thoughts. The light cannot pass freely thorough intellect, in other words, intellect is not enlightened. This is the mind of a common adult, statistically.

CONTEMPLATION OF PASSIVENESS

Now, when you know what is enlightenment and what is the difference between the mind of a baby and an adult, you may like the idea to bring back your inborn enlightenment. Sure, this can be done by mind exercises. You can also practice to switch enlightenment on and off.

When we compare two above pictures, we see that the only difference is the content of intellect which consists of thinking, imagining, attention and perceiving data from senses. Thinking visually, it should be enough to remove this content, to make intellect passive again.

Contemplation of passiveness is one of many mind exercises that can be practiced to make intellect transparent and passive again, thus to switch enlightenment on. Here it is how to practice the contemplation of passiveness.

Find a place where your senses are not disturbed and you can sit comfortably. You can lie down but this posture may make you fall asleep

quickly. Do not focus on any part or function of your body; the less you feel it, the easier it is to perform this exercise.

Take your preferred posture and relax the body. Deepen the relaxation to make sure that none of the senses is calling your attention.

Once relaxed, become aware of your intellectual activity. Detach your attention from any thought. Your goal is to make your intellect thoughtless and passive, but not to fall asleep.

You may notice that despite your effort to keep detached from thinking, you are following thoughts. No problem, just detach your attention from a thought and let it go free. Some thoughts or disturbances coming from senses may persist for longer time. Do not force yourself to stop them, just let them go without feeling any emotion or attachment.

Keep repeating this procedure – that is all you need to do to eventually succeed in making your intellect passive.

With the practice, you will notice that there are fewer and fewer thoughts in your intellect, and you pay less and less attention to senses. Continue the procedure in order to keep your intellect passive for longer and longer portions of time.

Sooner or later, you will notice that you can stay passive for extended portion of time. While your intellect is more and more passive, you may notice something similar to sudden flashes of light. You may have visions of longer lasting bright lights, colors, shapes and also hear sounds. These are signs that you are progressing well and thus your intellect starts to perceive information from your intuition.

Staying with passive intellect for longer time, may make you fall asleep. That is all right, no worries, you will overcome this obstacle. It may feel

like a challenge for your mind, to keep intellect passive and stay awake, therefore you may need to practice this ability longer.

What happens next is that your intellect perceives information from intuition. This also may feel like a challenge because intuition is not bound by time or space but intellect is. At first it feels almost impossible, so difficult for the intellect to function without reference to time or space. So, you have a situation, where intellect perceives information from intuition instantly, in zero time, but intellect needs time to analyze it in order to understand.

What you do in this situation is simple, just pay attention to whatever information suddenly appears in your passive intellect. While you practice, you will learn to translate information coming from intuition in zero time to long messages understood by intellect. For example, there was a flash and then, as if it was not intended by you, thoughts and visions develop by themselves.

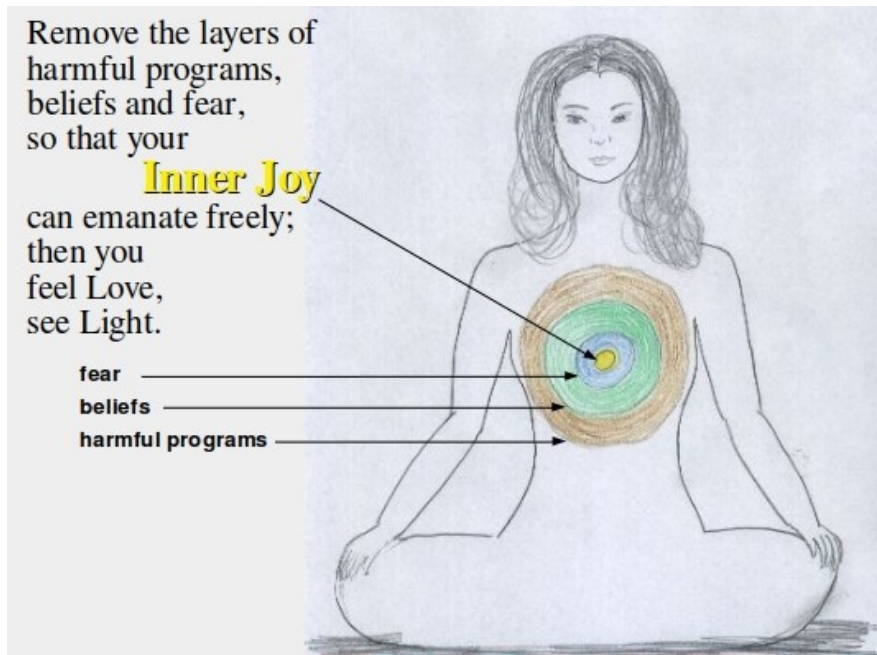
Just continue practicing, this process will become more and more fluent, your intellect will be able to understand any data coming from intuition. Later, whenever you will receive information from intuition in so-called zero time, you will be able to talk a long story or write a book, just based on that instant message.

INNER JOY BY SELF-EDUCATION

You learned the passive and dynamic Inner Joy exercises, I hope that you are practicing them and feel the benefits. There is one more approach which may help you to allow your Inner Joy to emanate freely. This is achieved on a way where you need to educate yourself more in order to get rid of obstacles blocking your Inner Joy.

On the following picture, you can see the source of life, positioned in human body. Inner Joy is blocked from emanating freely by the layers of fear, belief and harmful programs.

Fear directly blocks Inner Joy. Without fear in man, Inner Joy would emanate freely. It is a fact that people are afraid of many things, they are loaded with fears which create a barrier difficult to break by Inner Joy.



People are afraid of a punishment, mistake, danger, opinion, poverty ... and many more; it looks as if fear was one of main factors driving the behavior of man.

Why do people create so many fears? This is because they have beliefs. Yes, you create fear based on your belief. Observe animals in nature – they have no fear. Of course, they run for life but that is not based on fear,

that is a self-defense mechanism of animal instinct. It is people who create and amplify fear in their perception of life. This fear is kind of imagination created in intellect.

I hope that you remember what a belief is. Yes, it is a lack of knowledge. If you know something, you would not create any belief about that. Only when you do not know something, you will believe or doubt that.

How much you know depends on many factors but the major ones are society in which you live, its education system and your interests. These three factors may program your instinct in beneficial or harmful way. Beneficial programming helps you to build your knowledge. Harmful programming affects your ability to understanding truth, so it directs you rather to beliefs.

In present times of this civilization, the harmful programming strongly affects people. Majority of official education systems on Earth damage natural mind abilities of man, making them less capable to find out truth. This damaging process of harmful programming starts from the moment of birth, if the parents lack sufficient wisdom.

Harmful programming by the society is a large topic sufficient for a separate book. The mass media propaganda, blind over-usage of mobile phones, addiction to computer games or films – just to mention of few – really stupefy man. Anyway, that is another topic, so let me go back to Inner Joy being block by the layers of fear, belief and harmful programming.

If you decide to help your Inner Joy to emanate freely again, what you need to do? Look at the picture. Of course, you need to remove the layer of fear because it directly blocks Inner Joy. However, the layer of fear is there because of the layer of beliefs, and the beliefs are there because of harmful programming.

The conclusion is obvious, first remove the layer of harmful programming. Once this layer is removed, all the beliefs automatically go away because they have no support any longer. Once the beliefs go away, the layer of fear has no support, thus it evaporates.

All of these steps are automatic. You only need to remove the most outer layer, that is get rid of your harmful programs. Once the harmful programs are removed, your beliefs and fears are gone too, thus Inner Joy can freely emanate.

Practically, what you may start with is self-education. Yes, you may need to educate yourself wisely. Look for sources of so-called unofficial or alternative information. Be open to it but do not blindly believe anything. Use previously described techniques to free yourself from beliefs.

The self-educating process may be long and sometimes painful but it shall help you to remove the harmful programming. The more you free yourself from it, the brighter Inner Joy will emanate through you. Of course, do continue the passive and dynamic Inner Joy exercises.

BODY CARE

There are many ways you can take care of your body to make sure that it functions properly. I am going to talk about revitalization and regeneration, a breathing exercise, vibrating by resonant sound, physical activity, body environment, energizing exercises, Conscious Eating.

REVITALIZATION, REGENERATION

This topic by itself is enough to write a book. I want to mention shortly only some essentials about bringing your body back to normal state which is known as perfect health. Your body may need revitalization and regeneration, which can be achieved by staying sufficiently in nature. When I say ‘nature’, I mean the real thing, the unspoiled green organism of Earth; I do not mean a grass field, a park or a forest in a city.

Nature is the largest and the strongest organism on Earth. It was here before any humans arrived and it will be here after all people go away, regardless of their behavior. People will die much earlier than they will be able to destroy the entire nature.

By the way, some people believe and say that “we have to save Earth” – quite ridiculous statement, in my opinion, because it is the opposite. Just look at this civilization, it is us that may need to be saved, not Earth.

There were many civilization on this planet, they all developed and then destroyed themselves, disappeared, were wiped off. Nature always remained alive surviving many wired behaviors of man destroying it. We people come and go but nature is always there.

First of all, be aware that your body is built from Earth elements therefore its life is sustained by nature. The human body is a part of nature, it is

fully compatible with nature and cannot survive without it. The natural habitat for the humans is nature. Every other place, which is not the original, so-called unspoiled nature, is less than perfect for your body. Nature in its original state is the only place where the human body can fully revitalize and regenerate, and its life can be continuously sustained at high energy level.

If you live in nature, you understand what I mean. If you were born in a city and rarely go to nature, you probably do not feel the value of nature. Nevertheless, I suggest that you bring your body to its natural habitat and stay there as often and as long as possible for you. This becomes especially important if your body becomes weaker. Sleep in a forest on the soil, swim in natural waters, drink from streams, walk barefoot, etc., all in order to revitalize your entire body.

Nature has a very important feature, it restores your body programming. When you live in a city, especially if you stay in a place full of electromagnetic emanations, eat genetically modified food, take chemicals called “medicine”, destroy the immune system with vaccines and weaken your body with other environmental harmful factors, your body programming is distorted, it may become seriously harmed.

Nature is the strongest organism on Earth. When you are inside it for sufficiently long time, nature automatically restores your original body programming. In other words, nature restores the original state of the body, thus revitalizes and regenerates it. You do not have to do anything, just stay in a forest, walk through it, eat from it, relax and sleep there. If you do, nature will naturally reprogram you.

Did you know that there are two mutually contrasting living spaces on Earth? One is called “paradise”, the other is called “hell”. The “paradise” is nature, the “hell” is city. Shocked? Well, it is true.

Do not you believe me? Research for yourself, feel and then meditate this information. Compare how you feel in a crowded city and how in nature.

BREATH EXERCISES

There are many breath exercises; some of them are beneficial, some harmful to man. I suggest that you do not blindly exercise whatever breath exercise you learn about. Before you practice one, first make sure that you understand how it affects your body.

Look at the following picture, it is an example of a simple breath practice which you can perform whenever you want to energize your nerve system to increase its efficiency.

ENERGIZING NERVE SYSTEM BY BREATH EXERCISES

1.
Exhale,
hold your breath.



2.
Inhale,
hold your breath.



Step 1.

Exhale as much air as you can, force little more, until the last air molecule. Hold your breath till you feel little suffocated. When you cannot hold any longer, start breathing normally. Let your lungs rest while breathing normally several times. Repeat this step several times.

In step 1, by holding your breath, you decrease the amount of oxygen, while increasing the amount of carbon dioxide in the blood. This condition irritates your nerve system forcing it to sharpen its attention.

Step 2.

Inhale as much air as you can, force little more, as if your lungs were a balloon. Hold your breath till you feel little suffocated. When you cannot hold any longer, breathe normally several times.

Repeat this step several times.

In step 2, by holding your breath, you decrease the amount of carbon dioxide, while increasing the amount of oxygen in the blood. This action refreshes the nerve system, preparing it to focus better on a subject.

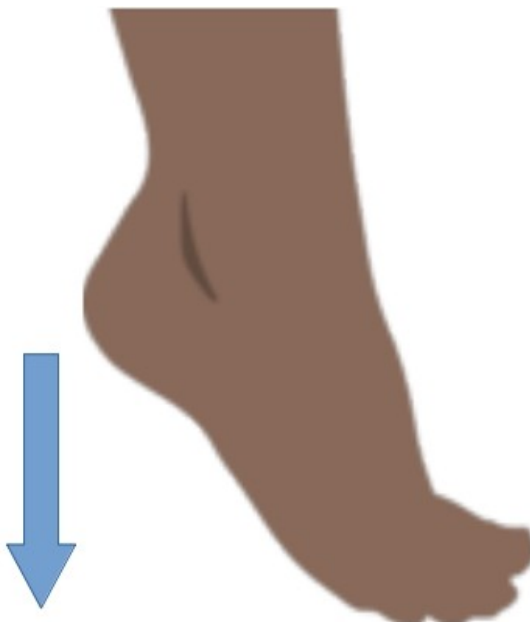
Performing this breath exercise may make you dizzy. Be careful, when you feel dizzy, stop, sit or lie down and breathe normally. You can rest longer, until you feel all right.

This breath exercise helps you to sharpen your attention by increasing the efficiency of the nerve system. You can do it whenever you feel sleepy or lose your attention while passively watching a lecture. See how it works for you in the morning, straight after you wake up.

FALLING ON HEELS

Stand freely with your feet rather close but not touching. Rise on your toes as high as you can, then suddenly let your body fall freely on your heels. When your heels hit the ground, the entire body will be shaken, you may feel little shocked in your head.

**Fall
freely
on
your
heel.**



While doing this ‘rise and fall on your heels’, make sure that your jaws muscles are completely relaxed. If they are relaxed well, then, when your body falls on the heels, you will feel your teeth clicking against each other. This produces piezoelectricity which – in simple explanation – energizes nerves in the entire skull.

Additional advantage of this exercise is that it shakes the veins. This helps their inner walls to be cleaned from sediment.

Repeat the rise and fall several times, but rather not more than fifteen times. If you feel dizzy, stop.

VIBRATING BY RESONANT SOUND

When a physical object, for example air, vibrates in specific range of frequencies, your ears can hear a sound. Although human ears can hear very narrow range of frequencies, the body is influenced by much wider range, what is called infrasound and ultrasound. You can use sounds to harm or benefit your body. Music can be used for this purpose. You probably also heard about so-called sound therapy.

Man can emit sounds at different frequencies. This ability can be used for energizing a region of the body, whenever you feel that it became weaker. You can use sound to energize the entire body too. This is how to proceed with this exercise.

Stand freely in a relaxed posture. The most beneficial is to stand barefoot on soil in forest. Focus on which region of the body you want to energize. Keep emitting a sound from within yourself until you find the resonant frequency. Then emit sound at only this frequency until you feel enough.

What is very important in this exercise is to find the resonant sound frequency of the chosen region. While emitting the sound, focus on feeling how the chosen body region vibrates. While staying focused on it, change the frequency and timbre of the emitted sound.

Start from the lowest frequency that your throat can emit. Then slowly rise it going to the highest which is still comfortable for you, then go back down till the lowest. Repeat as many times as you need in order to find the resonant frequency of the chosen region. While emitting the sound, keep focused on how the chosen body region reacts. At the

resonant frequency, you will feel the strongest vibration in that region.

I suggest that you first exercise to change frequency and timbre of the emitted sound. While increasing or decreasing the frequency, change the timbre by changing the shape of your mouth and position and shape of the tongue. This may require some practice. Make sure that the emitted sound is loud, but do not shout, it will be easier to practice.

Keep focused on feeling the chosen region, while changing the frequency and timbre of the emitted sound. At the resonant frequency you will notice a significant increase of vibration in that region.

ALTERNATE SHOWER

Taking an alternate temperature shower gives the body a nice refreshment and builds resistance to temperature changes. It strengthens the immune system and helps your body to get rid of some skin diseases. This exercise is so easy that you can practice it starting from today. I suggest that you make alternate shower your normal daily practice.

Start your shower, then increase the water temperature to the highest that you can stand without burning your skin. It will be somewhere between 40 and 48°C. Do not burn your skin, there is no need to do that.

Let this hot water flow onto your entire body for 15 to 30 seconds. Then suddenly change the water temperature to as cold as possible. The most beneficial temperature is somewhere between 15 and 4°C. Let this cold water flow onto your entire body for 10 to 20 seconds. Then repeat this hot-cold procedure at least two more times.

Remember to finish your showering with cold water. Cold water will close the skin pores and make your body keep its warmth within itself.



Very low water temperature is not often found in showers. In such a case, I suggest that you arrange two bathtubs; one with hot water, the other with water containing pieces of ice. Instead of showering, you alternately enter and lie down in the bathtubs. Enter the hot tub for 15 to 30 seconds, then enter the cold one for 10 to 20 seconds, and so on alternately, at least 3 times. Finish, of course, in the cold tub.

Do not use any soap, shampoo, etc. under the alternate shower. Instead, you can use hard brush to clean the entire skin. Hot water opens pores of your skin, cold water closes them. The brushing and repetitive change of water temperature falling on the skin, cleans the pores of dirt and sebum.

The hair-like blood veins just under the skin sometimes get clogged up with sediment, then the blood flow is obstructed. For that reason, many

old people suffer skin problems. Have you seen the color of their skin in lower leg regions? With alternative hot and cold water temperature, the veins expand and contracts. This mechanical action helps to remove some sediment, thus helps to open the diameter of the veins.

ENERGIZING EXERCISES

The human body is an electrical device, so it needs to be powered with electricity to function properly. Sun and Earth are also electric bodies, they provide power to all organisms living on this planet. When you walk or lie down on the soil or rocks, Earth electricity can flows through your body. Sun charges air with electric particles, these particles also reach your body. Other cosmic emanations also reach your body. All of these three sources power your electric body.

How do you feel having stayed in a place where your body is isolated from the natural surface of Earth, or even worse, Sun emanations do not reach you? Do you feel fresh and energized? Probably not. Then, go outside to a forest, let you body bath in the sunshine and walk barefoot. How do you feel now? Definitely better, I guess.

People who do not stay sufficiently in nature, may have their body underpowered. Underpowered body, especially if that state lasts for too long, is weaker and cannot function properly. The immune system do not have enough self-defense power, so the body may get illness.

In order to power your body properly, you may need to do some energizing exercises. In this type of exercises, you focus more on energy directed to your body than on physical movements. There are many different energizing exercises, for example the well known in China Qì Gōng and Tài Jǐ.

You can follow different schools and masters who teach energizing exercises or you can do them yourself. There is a simple and quite suitable energizing exercise for majority of people, which I teach in my seminars. Here it is how to do it.

Find the most beneficial place for you practice. The most beneficial environment is in nature, among trees and rocks, at the sea side. Of course, practicing energizing exercises in any other place brings more health benefit than no exercise.

Stand in a free and relaxed posture. Fully close your eyes if you feel stable, if not, half close them. Focus on how your body feels so-called energy flow. In fact, it is electrical activity of the body that makes you feel even the most subtle sensations. You need to focus on these subtle body sensations.

While you stay focused on them, you may also discover that some part of the body is not fully comfortable and it feels to you as if that part wanted to move. Do follow that feeling and allow the muscles in that area to move. This may require you to move a finger, hand, leg, head, belly or even entire body.

The most essential in this exercise is your full focus on how your body feels the energy flow. While focused on that, you discover so-called energy blocks. Then you are able to release that blocks by moving the corresponding muscles. Remember not to focus on the muscle movement, you focus only on the energy flow and then let the muscles to move by themselves.

This is the most basic energizing exercise. The more you practice it, the better you will feel your body energy and also the energy of the surrounding environment. Many energizing techniques were developed out of this basic exercise. They were given different names and developed

into schools or systems of energizing practices.

Majority of people, who follow the teachings of those schools, are not aware that the essence of energizing exercises is not the movements they perform, it is the feeling and manipulation of life energy movement in the body.

TREE EXERCISE

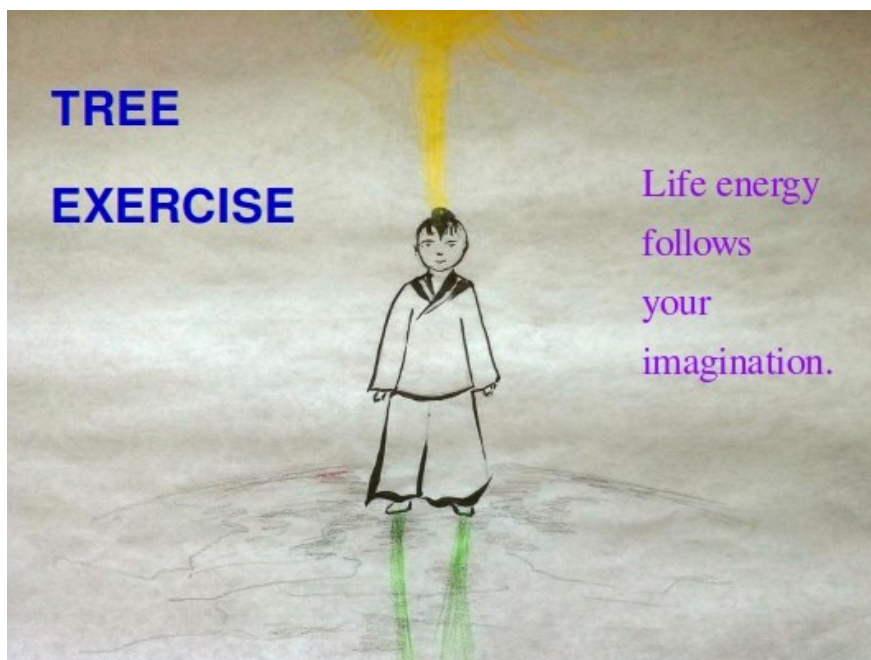
I discovered 'tree exercise' while learning from trees, especially when looking at their auras. Trees are the kind of beings which is much more spiritual than material, also they are wonderful good teachers. Some of them can be over a hundred meters high, with their crown larger than a four story building. Can you imagine how large must be the root structure of these trees? Indeed, it is because it has to support such a big standing structure.

Having in mind such a big tree, imagine that its root draws life energy from Earth and its crown absorbs life energy from Sun. If you are curious, take a voltmeter, connect its electrodes apart on the tree trunk, to see a potential difference. Electricity flows through trees.

Trees in unspoiled nature can live over ten thousand years. During their entire life they support life of many beings, for example, worms, insects, birds and monkeys.

Look at the following picture to understand the tree exercise.

Stand naturally straight and relaxed, so that you feel very stable. Focus for a while on feeling your body weight center which is inside the belly, little under the navel. Put your feet separated approximately as your hips. The placement of your hands is not important, you can leave them in natural position.



The key in this exercise is your imagination and breathing. While imagining a stream of energy, hold your breath. Keep the image as long as you can effortlessly hold your breath. Stop the image when you start breathing.

First learn separately stage one, then stage two, finally the entire exercise. Later, when you can easily master the entire exercise, you do not need to do stages one and two.

Stage one.

Inhale a little more air than you comfortable can hold. Inhale ... hold. At the moment when you start holding the breath, start the imagination. Imagine a stream of energy flowing from Earth, entering your feet, going inside the legs till the center of the body weight. This point is also so-called *DānTián*, it serves as a battery for the body. You can imagine that

you are charging your battery.

When you cannot comfortably hold your breath any more, stop the imagination and then continue breathing normally. Breathe normally several times, so that you prepare yourself for the next inhale and hold. Then repeat the entire procedure of holding your breath and imagining. Repeat this stage several times, then rest for a minute or two, just breathe normally and enjoy.

Stage two.

The procedure is exactly the same with one significant difference. The stream of energy flows from Sun or sky, enters your head, goes inside the body until *DānTián*. Repeat this stage several times, until you feel comfortable loaded with the Sun/sky energy.

Stage three.

In stage three you combine both flows. While holding your breath, imagine both streams at the same time. One stream flowing from Earth, the other stream flowing from Sun. Both streams meet in *DānTián*. Repeat this exercise until you feel well energized. Do not exercise too much because it may make you dizzy or cause other body sensations.

When both streams meet in *DānTián*, they naturally swirl and create a vortex. I suggest that you do not imagine that vortex, to not disturb its natural creation; just let it happen by itself.

As I mentioned, the position of your hands is not important, however, some people find it easier when they hold or slowly move their hands in some way. If you feel the need to do that, feel free to experiment. Some people feel a growing ball of energy expanding from *DānTián*, so they place their hands as if they were holding this ball. If the hands disturb your imagination, forget about them.

There is no need to imagine the color of the stream because it is not important. However, while practicing, you can see the colors; no need to pay attention to them.

Remember to stand barefoot on the natural soil. The most beneficial place to practice the tree exercise is nature, of course. You can do this exercises also in any other place, even on the flying air plane, because the key is your imagination. Anyway, I suggest, whenever possible, go to nature to exercise.

PHYSICAL EXERCISES

The human body needs electricity to function properly. The body muscles can produce electricity, this happens when the muscle alternatively tenses and relaxes. When muscles are not moving for too long time, they become weak. This is why if you are not active physically for too long, you feel tired, sleepy, under-powered., etc. Then, it is enough to exercise for a few minutes, to feel energized again.

Be aware that the body needs some minimum amount of muscle movement regularly. If your muscles do not have this minimum muscle activity, there is no way for the immune system to work at its full efficiency.

People who daily perform physical work, may not need to exercise. Those who have so-called sitting or standing job, may need to do some physical exercises to keep the body in good shape and health. Everybody has their individual needs.

I suggest that you elaborate a set of simple exercises suitable for your body needs and do practice regularly. It does not have to be much exercising. For most people who do not work physically, it would be enough to exercises 3 to 5 times a day, every session 3 to 5 minutes,

which sums 9 to 25 minutes a day.

In fact, even if you exercise only once a day for 5 minutes, it really makes a big difference towards your benefit, compared to no physical activity.

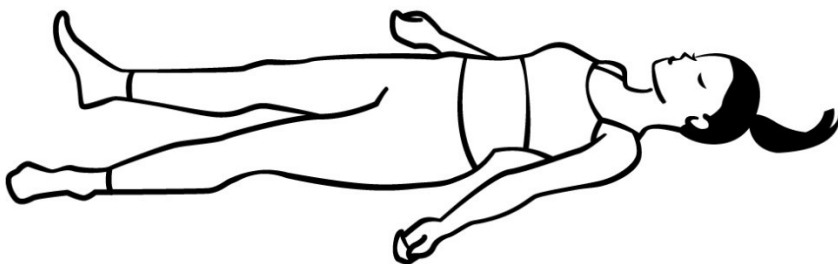
Swimming in natural water, especially in ocean, is the most beneficial physical exercise. Almost all muscles of the human body are working during swimming. The content of ocean water is quite similar to the content of human blood. When your body is inside ocean, the skin can suck in elements needed by the body. It is especially beneficial to swim in ocean during sunny weather.

Be aware that there is no way to keep your body in perfect shape and health if it does not have sufficient muscle activities. Some chronically ill people recover quickly after they start to exercise regularly. The conclusion is that you should exercise your body even if it is ill. Of course, do not exaggerate.

FULL BODY RELAXATION

There is time for body muscles to work but there is also time when they should be deeply relaxed. Obviously, when you are taking a rest, especially while lying down, your body muscles should be deeply relaxed. Also, when you sit, not all body muscles have to be tensed. What I mean is that sometimes people keep some of their muscles unnecessary tensed.

If a muscle is unnecessarily tensed, it may develop pain. It also may press a nerve, blood vessel or joint for too long time, causing pain or chronic disease. One of reasons of chronic diseases is unnecessarily tensed muscles for too long. Interesting, most people are not aware that they are unnecessarily tensing some muscles, especially when they are emotionally excited.



In order to take good care of your body muscles, sometimes you need to make them work and sometimes relax them deeply. There is a simple full body relaxation exercise which you can practice while taking a rest and before falling asleep.

Lie down on your back, on a flat surface which is not too hard and not too soft. If your bed is too soft, your body never can rest well because it lies in unnatural position. When you lie down on your back, the body should be naturally straight, it should not take the form of an arc.

While lying down, close your eyes and focus on the top of your head. Feel whether there is a tension in that area; if yes, fully release it. Go lower, to your forehead, then relax it deeply. Then move your attention to your ears and face, again do the same, deeply relax all of that areas. Continue, move down to your neck, release any tension, make sure all the neck is deeply relaxed. Move further down, focus on your shoulders, go deeper into their muscles, feel, feel. Make sure that they are really, deeply relaxed.

Continue this procedure consequently, muscle by muscle, until you reach your toes, to fully relax them.

This was one pass, from the top of your head until the toes. Now, go the opposite way, this will be the second pass which will deepen the relaxed state of all your muscles.

You should feel deeply relaxed. You may fall asleep while doing this exercise – that is all right, you will have a sound sleep.

When you do the full body relaxation exercise for the first time, it may take you a dozen or more minutes for one pass. The deeper you relax every individual muscle, the longer it will take but will give your body refreshing, healthy relax.

While you are performing this exercise, you may notice pain in some places. Pain usually means that there is a health issue in that place. It should be easy to remove it, just remain in that region, deepen the relaxation further. When you feel that the place is deeply relaxed, imagine warmth and energy manifesting in there, until the pain disappears. This is an easy and efficient method to cure some of muscle and joint health issues.

CONSCIOUS EATING

Obviously, eating is one of the most important activities that people engage in. Eating is one of ways to provide your body with substances that it needs. There are many diets and recommendations about eating, what, when and how to eat in order to nourish the body properly. All of them which I know, are harmful.

Think for a while about this, the human body needs thousands of substances to function properly. Your body needs to consume specific substances in right amount and time. To take the best care of your body, you have to know at what time and in what amount of any specific substance your body needs.

To make it even more sophisticated, be aware that your body is continuously changing, therefore its needs are also changing. At this

moment your body may need 103 mg of NaHCO_3 but tomorrow at this time, it may be too much or too little. For this reason eating at so-called meal times cause more harm than benefit to the body.

Imagine that your body needs water. You have access to the most wonderful water, one that can bring dead man back to life; it is called 'water of life'. While drinking it, at some point, you feel that your thirst was satiated. You should stop now. If you continue to drink, your body treats this water as excess. Any substance introduced in excess becomes a poison that has to be removed. You see, even when drinking the most wonderful water, you can poison your body.

Now, tell me. How do you know what substance, how much and at what time your body needs? This knowledge is essential to take the best care of your body nourishing. If you follow a diet, you obviously harm your body, as you can conclude from above explanation about body needs of substances.

Be aware that even nutritional science does not give satisfying advises.

If you could clearly feel, what, how much and when your body requires to consume, the problem would be solved. Well, this kind of ability is very natural for humans. In fact, man is born with the ability to feel what substance, in what amount and when their body needs to consume.

However, when we are babies, our parents feed us. Parents usually feed their baby according to what they believe that their baby should eat. Some parents force their children to eat what is on the table, not what their children's body really needs. Obviously, under such education, the natural ability to feel the real body needs cannot be developed, on the contrary, it is suppressed and forgotten.

The Conscious Eating method develops your inborn ability to feel the real nutritional needs of your body. You can practice CE whenever you

feel hungry or thirsty, just follow these steps.

Step 1.

When you feel hungry, never eat! This may sound strange to you, however it is an important step in starting your Conscious Eating practice. You cannot practice CE when you are satiated.



Continuously stay fully focused on what your body feels.

Whenever you feel hungry or thirsty, stop, sit down for a few seconds, relax and breathe freely. Ask yourself “What is this?” Do not answer this question because it is not directed to your intellect. You are asking your instinct because it is responsible for all the programs related to nourishing the body.

Relax yourself, close your eyes and ask “What is this?” Then, just feel. Feel the answer. Do not imagine or expect anything, just stay relaxed and

feel your body. I repeat, feel your body.

Staying focused on feeling your body all the time during the entire CE practice is the essential key to do it properly. Remember, **continuously stay focused on feeling your body**. Do not change your focus even for a second. Whenever you change or lose your focus, you actually stop CE.

What happens in this step, after you asked “What is this?” Quite often, within just a few seconds, your hunger disappears. This means that your body was not asking for food. There was another reason why you felt hungry. Maybe the next time you will receive an answer from instinct.

The next time, when you feel hungry, start CE. Of course, you do not rush for food, you stop, sit, relax and ask: “What is this?” Wait ... you must first focus on what your body feels.

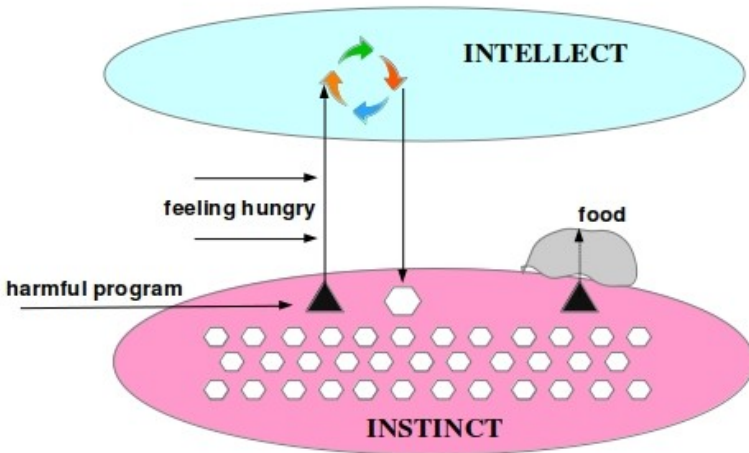
Imagine that your hunger does not disappear this time. Remain relaxed and fully focused on what your body feels. Your body is messaging to you, you have to learn to perceive the message. Remember that the message is not intellectual, it comes from your instinct.

While remaining focused on what your body feels, you may suddenly have a vision, a perturbing thought, a feeling or an emotion may unexpectedly appear. Something like this is the message from instinct. Focus on it, what is the meaning. Dedicate sufficient time to fully develop and solve it. What just happened? Look at the following diagram.

Sometimes, when you feel hungry, it is because your instinct is sending a message to your intellect. As you remember, instinct consists of programs and data. It has also some programs which are used for self-defense. Whenever instinct notices a harmful program, so-called virus, it will send a message to intellect. The virus can be anything, often it is an unsolved emotional issue sitting in the memory. Hence instinct does not have the thinking ability, it has to send a message to intellect, which can solve it

by thinking.

SELF-DEFENCE MECHANISM OF INSTINCT



While instinct sends the message about solving a problem to intellect, you feel hungry. If you did not practice CE, you would eat in this moment. By eating you would stop this sending process, thus you would harm yourself. The problem would remain unsolved.

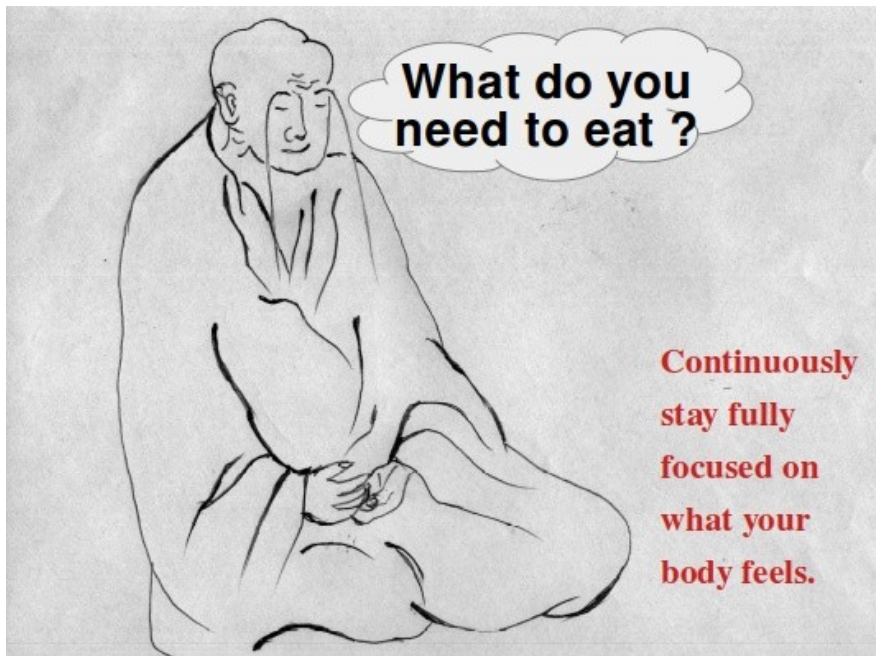
That is why you need to stay focused on what your body feels, that is on messages emerging from instinct. If you do it properly, you will become aware of your problem lying in instinct, and you will be able to take care of it and solve it. Of course, the feeling of hunger will disappear by that time, because your body did not ask for food.

You see, CE serves also as a psychological self-healing technique. This is why overweight people who practice it, lose weight and gain health. Also

food addicted people free themselves from the addiction. Those who like the taste of junk food, also recover by using CE.

Step 2.

You feel hungry ... stop ... relax ... ask “What is this?” Keep focused on messages coming from your body, your instinct. No obvious problem? Nothing extraordinary coming from your instinct but you still feel hungry. This means that your body needs to consume something.



Ask your body this question: “What do you need to eat?” Then run a list of foods in your imagination. You will feel that one or more of the list will create kind of strong attraction or even sucking from your body. This is what your body needs to consume.

Remember, never lose the full focus, stay focused on messages coming from your body, what your body feels. If you lose that focus, your Conscious Eating process may go wrong.

Let us say that, while running a list of foods, your body chooses apple. This means that your body needs in this moment substances found in apple, so you need to get one to eat.

Wait! Do not rush! Do not lose your focus! I said that you must remain focused on your body feelings all the time. So, now, while focused on your body feelings, move slowly in the direction of an apple. Move slowly, in a way that will not disturb your focus.

Do not rush. First look at the apple. Eat it with your eyes. Yes, eyes can send and can draw life energy. While looking at something, you can draw its life energy. While looking at the apple, you suck its life energy.

While drawing life energy of the apple, you may feel that your body says “enough, I am full”. Yes, do not wonder, that really happens. If you feel that your body is informing you that it is satiated, finish CE. You are full, no need to continue, until the next time when you feel hungry.

Next time, when you feel hungry, start CE. Proceed as before. Let us imagine that it was an apple again. You are now eating it with your eyes. Well ... “not enough, I am still hungry” ... – your body is telling you.

Proceed. Move your hand close to the apple. Feel. Besides feeling your body, feel the life energy of the apple that your hand is drawing into your body. Draw it till you your body is satiated.

If drawing life energy of food with your hand does not satiate you, proceed to the next step.

Slowly, while being focused on your body feeling, take the apple and bring it to your nose. Smell. Smelling is another form of eating. Smell until you are satiated. If the smelling does not make your body satiated, go to the next step.

Touch the apple with your mouth. Lick it to feel the taste. Remember, continuously keep focused on what your body feels. When licking the food does not make you satiated, continue CE.

If you still feel hungry, bite your food, slowly, small amount. Start to chew.

Now we come the second, most important, key of the entire conscious eating method. **Long chewing.** Yes, long, long chewing is essentially important. If you chew insufficiently, CE will not function properly.

Chew, chew it slowly and long enough until the food in your mouth changes to a liquid. Do not stop, continue chewing it. Chew the liquid until you feel that its taste changed. This is very important moment, a change in the taste of the chewed food.

This is a very important moment because the changed taste informs you that the food in your mouth is ready for further processing. To further process the food, you either swallow it or spit it out.

I repeat, this is a very important moment in CE. When the chewed food changes its taste, you will feel whether your body wants it to go to the stomach for further processing, or spit it out. When the taste is awful, the body informs you that you should spit it out. When the taste is nice, you can swallow it.

I can guess what you might think now, especially if you have chewed your food to change its taste. This action is so time consuming and so boring. Sure, I agree, it is, however, it cannot be skipped.

What I mean is that if you swallow food without chewing it sufficiently, it will never be processed properly. It is the taste change which signals to you that the food can go to the next step of digestion. Sometimes it should not go into the stomach. So if you chew insufficiently and swallow before the taste changes, you will make your body to deal with substances which are not ready for proper digestion.

The chewing involves physical and chemical processes. Your saliva contains chemicals which react with the chewed food. Chemical reactions take time which cannot be shortened. Be aware of this fact.

I am also aware that having read the entire description of CE, some readers think something like this: “I am not crazy to spend a half an hour just to have one bite of food.”

Indeed, when you practice CE for the first time, it may take several minutes to even half an hour. However, while you persist in practicing, you will notice that you can do it more and more automatically and much quicker.

“Practice makes master.” The CE practice also makes CE masters. CE master can do the entire CE procedure within less than half a minute or shorter. If others look at you, they will not notice that you are performing CE. However, the chewing process cannot be shortened because physics and chemistry processes take time.


It is really worth to become a CE master. There are many benefits which I do not mention here. One of them is, you will discover that your general sensitivity develops much. Later, it will be enough for you to just look at food from a distance to know how it influences human body, whether it has poisons or beneficial substances.

Conscious Eating, even if it is not practiced exactly as described, is an efficient self-healing method. Believe me or not, many ill people who practiced CE, became healthy again. Some of those who were diagnosed with “incurable diseases”, got back to full health just within a few weeks.


BUILDING AND POWERING THE BODY

The human body is built and powered in five different ways. I am going to describe them shortly. Look at the following picture.


BUILDING and SUSTAINING YOUR BODY




DIGESTIVE TRACT – consumed food



BREATHING – inhaled air (O, N, CO₂, H)



SKIN AND EYES – Sun light



MOVEMENT – electricity and energy



MIND – visualization and the will of living

DIGESTIVE TRACT

This seems to be obvious; man inserts physical matter called food into their body, where it is processed physically and chemically. Some products of this processes are used to build the cells of the human body and to warm it, and the rest is removed.

By the way, do you know how many percent of what you consume is excreted? Hundred percent; yes, that is 100%. In other words, all of what you consumed is excreted by your body as feces, urine, gases, sweat, blood, water, sebum, dead cells etc. A grown adult consumes more than a dozen tons of things during their life, but their body weight remains about the same. Even when man becomes the world record fattest body, it is much, much lighter compared to how much they have eaten.

If the human body excretes 100% of what they eat, then why do we eat? In fact, it is not exactly 100%, what remains in the body is the energy of the consumed things, which warms and powers the body. The processes of consuming, digestion and excreting, in fact, are much more sophisticated. There is no need to go into details here. Just be aware of one thing, that the best food is found in nature and eaten without any processing.

The human body is fully compatible with nature. This implies that **nature provides man with food which is perfect**. Something which is perfect cannot be made better because the meaning of ‘perfect’ implies ‘the best’. This means that you cannot improve the food from nature by processing it or what is called ‘cooking’. Any processing will make the food less perfect, which means worse for the body.

When you eat something from nature, whether it is a mineral, plant or animal, make sure that it is alive because ‘alive’ implies the freshest and without processing. The utmost important for the human body is to consume food which is alive because the body absorbs life energy. All the eaten matter, after processing inside the body, will be excreted, but the life energy of the eaten plant or animal will be absorbed. Be aware, your body is design to function perfectly when it consumes living matter.

When man consumes dead matter, which is processed food, their body cannot absorb any life energy from it. On the contrary, the body has to

use its own life energy to process that eaten food. This is one of main reasons why man's body is under-powered. Under-powered body is prone to illness and ages quicker.

In some circumstances, eating can be dropped because it becomes redundant. There are people who do not eat or drink – in spite of that their body functions perfectly – they are called inediates. Inediates are in inedia. Inedia is a state of mind where body functions perfectly although it never asks for food or drink. Inedia and non-eating are another large topic. You can read about inedia and non-eating in my other book titled “Inedia, Non-Eating, Fasting”, edition 2, 2018. Free to download.

BREATHING

The lungs are the body devices designed for eating air. Air is used by human body to produce protein. The human or animal body uses oxygen, nitrogen, carbon dioxide and hydrogen present in the inhaled air to synthesizes proteins from which the body cells are built.

I guess that you did not know about this function of the body. Indeed, air is food for breatharians. You, like the other people and animals, are a breatharian because you must breathe air to build the body.

The most beneficial place for man to live is a forest, the worst is a city without the greens. During the day, when man works, they need energy. To provide this energy, the body burns its own carbon. To burn carbon efficiently, oxygen is needed. So, during the day you need to be in a place full of oxygen, then you have enough energy to do your work. The forest produces a lot of oxygen during the day, especially a sunny day.

During the night, when the body is resting, it regenerates itself. The main regenerative function is to build cells. The cells are built from protein

which is synthesized from air. For better building efficiency, air used for building proteins must contain more carbon dioxide. At night, in the forest, the plants produce more carbon dioxide. This is why the forest is ideal place for sleeping at night.

SKIN AND EYES

Obviously, your eyes are light sensitive devices, but did you know that also your skin is? The sunlight is solar food and the device which eats that is the skin. The skin synthesizes chemicals without which the body cannot function. The sunlight provides so-called ‘food of high frequency vibration’ and your skin is built to properly utilize it.

Be aware that sunlight is of utmost importance to human life. Without the sunlight, the human body cannot survive long. The main reason is emaciation which means not enough nutrients. The skin is a sophisticated factory which provides the body with necessary nutrients which are not provided by the digestive tract.

For this reason it is important for your entire body skin to be exposed to sunlight every day for sufficient period of time. If you do not expose your skin to sunshine sufficiently, you should not wonder that your immune system is not efficient enough. Besides that, lack of sunlight is one of main reasons of skin illness.

sunscreen

By the way, do not make the silly mistake of using so-called sunscreen on your skin. Most of these lotions and creams are loaded with poisons. Whatever liquid or gas gets in contact with your skin, it enters in your blood within a few seconds. Why would you choose to introduce chemical poisoning into your blood to circulate in your entire body?

I would suggest that you better do not believe in advertising which promotes skin protection against cancer by using sunscreens. In fact, it is exactly the opposite. Chemicals contained in many sunscreens promote skin cancer. It is the sun light, especially the ultraviolet emanation, which destroys skin cancer cells and also cures the skin from many diseases.

Of course, like in case of any food, do not allow your body to absorb too much sun light. Do not expose your skin to sun light for too long. If you do, you may burn your skin, which may be dangerous for your health.

To daily expose your skin to sun light is a very healthy practice, but do this by systematically increasing the expose time. If your skin is light, start from only 10 minutes in the first day. In the next day, expose your entire body to the sun light for 13 minutes. The following day let it be 15 minutes. Then, in every next day add 3 to 5 minutes more.

You can do it slower or slightly quicker but be very cautious. It is better to increase the expose time slower instead of risking even slight skin burns. One hour of daily sun exposure for the entire skin should be enough to keep your skin and immune system in health.

sunglasses

Here is my warning in one sentence: never use sunglasses unless it is so bright that you cannot see. Why not to use sunglasses? Well, your body is perfect, it is design to live in nature. If your body needed sunglasses, you would be born with them. Have you eve seen any baby being born with sunglasses? Have you ever seen any animal with sunglasses?

Your eyes need sun light almost as much as the fish needs water. Sun light is essential for proper functioning of your body. Your eyes are designed to absorb sun light. This is because sun light, through your eyes,

controls biological rhythms of your body.

When sun light falls on the retina, electrical signals are conducted from it, through nerves, into your brain. These electrical signals impact the pineal and pituitary glands in your brain. How important that is? Well, if you are interested in so-called anatomy of spiritually self-developing man, you probably know of the utmost importance of your pineal gland. To make a long story short, pineal gland is kind of a gate between the material and spiritual words. Without the pineal gland you would be just like an advanced artificial intelligence machine.

The pituitary gland – again, to make a long story short – is sometimes called “the master gland” because it influences many body functions. It can be said that this gland regulates the chemistry of your entire body.

When you put sunglasses on, you block the essential solar food for your body, which can be delivered through your eyes. If you do that regularly, you cannot expect your body to be entirely healthy. Your endocrine system will not function properly, what may result in so-called chronic disease.

It is advisable to use sunglasses in some circumstances, for example, when sun shines strongly and you are on a white sand beach or a snowy place. Also, when you are driving against the sun and cannot see the road clearly, obviously it would be wiser to use sunglasses.

MOVEMENT

Earlier, while describing “body tools”, I explained about physical and energizing exercises. These kinds of muscle movements power the body, which is essential to sustain its proper functioning. Obviously, when the movement of the body stops for too long, it ends its life.

MIND

Do you remember that your body is an image in your mind? This implies that your body is shaped according to images you keep focusing on. Have you noticed the statistical correlation which proves that joyful people live significantly longer than the pessimistic ones? All people older than 90, whom I met, were joyful. On the other hand, it is a statistical fact that angry people die earlier. Statistically, sorrows make people to experience more diseases.

Inner Joy and visualizations are two mind tools that you can use to shape your body for healthy and longer life. For your visualization, create a realistic film in which you **see yourself as always joyful and healthy man**. Be aware how you talk about yourself to other people.

There is one primary factor by which you decide how long you body will live. It is your will of life. How much do you will to live? How much sense do you see in continuation of your life? To what degree are you excited to experience your life? Have you any purpose or goals in your life?

Some people say: “I do not care because I do not see any sense of living any longer.” or “All of this is just useless, senseless, so why would I want to continue living.” or “It is enough for me, I am already fed up with my life.”

These or similar images kept in mind, indicate the low will of life. Man who keeps this kind of thinking, shorten their life. Many people focused on this kind of images suffer diseases which bring them closer and earlier to death.

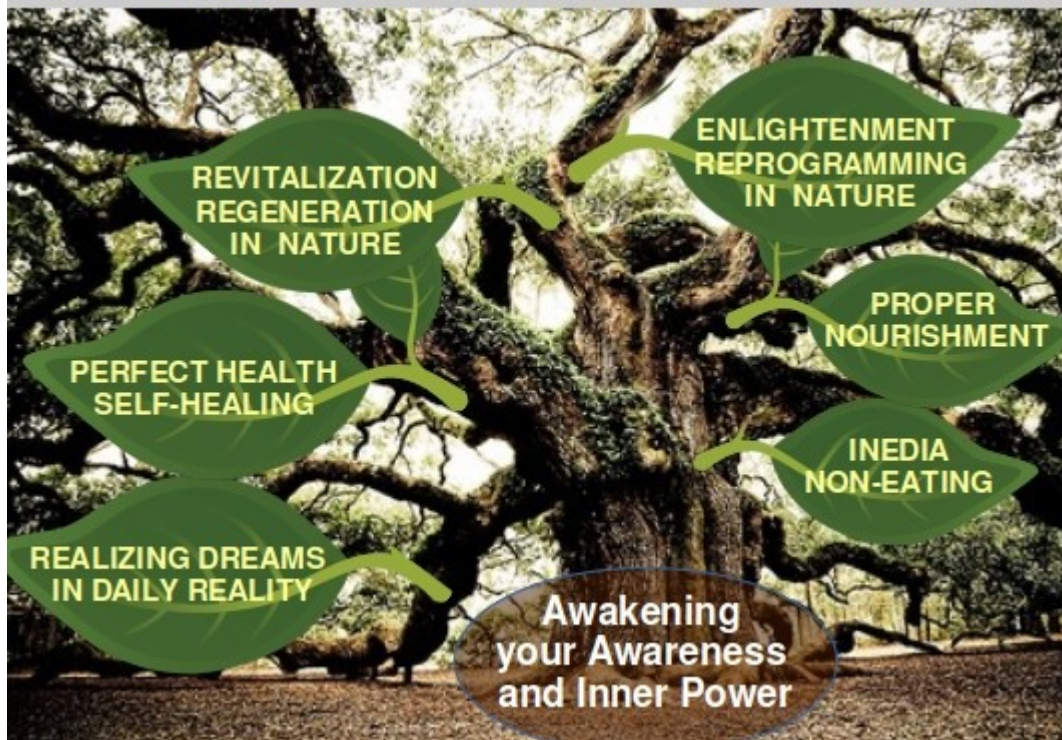
With strong will of life, you are excited to live. You really enjoy life even if it brings sorrows. You definitely would not think about dying even in the most challenging moments of life. You have plans and visions to realize. You believe that you have a mission, important goals to achieve, etc. If you do all of these, your will of life is strong and you have a high chance to live long.

STRUCTURE OF SEMINARS

This book is a small part of what I teach in my seminars, forums or on-line groups. I prefer personal contact where we can see and feel each other from small distance. In this way, I can share information with you more efficiently and you benefit more than by any other distance mean.

Have a look at the following picture which presents the structure of my teachings divided in seminars.

STRUCTURE OF SEMINARS BY JOACHIM M WERDIN



“Awakening your Awareness and Inner Power” is at the bottom of the tree, where the trunk grows from the roots. This seminar is the foundation of my teachings which means learning the most basic information. All the other seminar teachings are based on this foundation. In fact, the content of this book covers most of this basic seminar.

“Realizing dreams in daily reality” seminar includes explanation about how mind produces what senses perceive as physical reality. It has detailed technical explanation of visualization. There are practical examples, which we also exercises, of how to create different desired final goals. I also describe some examples of so-called miracles achieved by practicing visualization.

“Perfect health, self-healing” seminar includes basic understanding of factors creating man's health. It describes environmental factors and man's activities harmful to health. You can learn about mind and body tools supporting health and about efficient self-healing techniques.

“Revitalization, regeneration in nature” seminar occurs in especially chosen natural environment. It may be mountains with forest and river or a sea side. The teaching material includes information about performing fasting properly, practical usage of healing resources of nature and the means to communicate with nature's elements. The major part of this seminar is practice. The exercises help you to repair your psyche and body. Within the few days people feel their body revitalized.

“Enlightenment, reprogramming in nature” is an advanced seminar which I conduct in South America, for example Ecuador or Brazil. We use advanced natural techniques and ‘jungle + mountain’ plant medicine to efficiently remove psyche and body issues. After proper theoretical preparation, we perform South American shamanic healing techniques during day and night ceremonies. Most participants deeply experience their psychic world, which helps them to get rid of long lasting life

problems or even get enlightened.

“Proper nourishment” seminar teaches about five ways of building and powering man's body. It explains in detail nine principles of proper nourishment. You will learn about many reasons why people eat. The powerful and efficient Conscious Eating method is explained and practiced too.

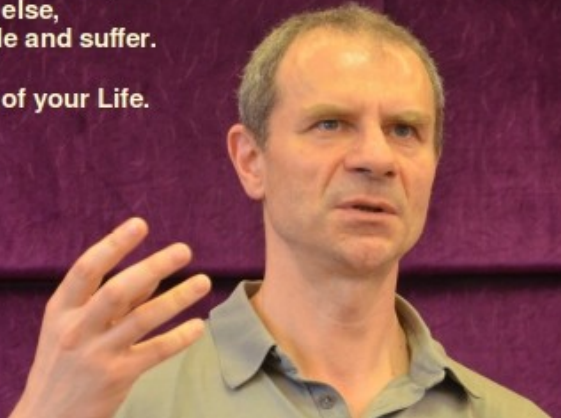
“Inedia, Non-Eating” seminar is designed for those who pursue living without food. It shall make you to understand the essential difference between fasting and non-eating or inedia. Discover when and how non-eating and inedia are possible. You can learn methods helpful in achieving non-eating or inedia.

TO CONTINUE

This book is like a starting point on the way of conscious self-development. You can continue your self-education. Practicing the exercises described in this book, will bring you further and higher in managing Life, the game you are playing.

Instead of choosing to continue, you can do no practice, be passive and enjoy whatever happens. You are playing Life even if you do nothing, as if you were in a boat on the flowing river, but never paddle.

**The truth is, you are already perfect here and now.
You do not have to, but you can, do any thing.
There is no need to believe this fact,
you can believe something else,
which makes you to struggle and suffer.
Whatever you choose,
you are the Master Creator of your Life.**



I continue the story of “Humankind Fundamental Teachings” in my other books. Part 2 of this story is titled: “HEALTH and SELF-CURE”. My books can be downloaded for free. Please, share them with others.

Master, enjoy Life, and keep in touch.



CONTENT

SOME SINCERITY.....	3
WHO AM I ?.....	5
WHAT AM I AND WHAT DO I DO ?.....	5
Why do I do all of that, including this book?.....	5
WARNING.....	6
INFORMATION, BELIEF, KNOWLEDGE.....	7
INFORMATION.....	7
BELIEF.....	8
KNOWLEDGE.....	10
FALSE INFORMATION.....	13
KARMA.....	14
STARTING FROM NOTHING.....	16
THE CONSCIOUSNESS.....	17
IAM.....	26
THE MIND.....	32
INSTINCT.....	36
INTELLECT.....	39
INTUITION.....	41
ACHIEVING PERFECT RESULTS.....	44
LIFE.....	47
MASTER CREATOR OF LIFE.....	53
MAN.....	57
SPHERES OF LIFE.....	61
MORE ABOUT LIFE.....	66
EXTREMES IN LIFE.....	68
UNIVERSAL PRINCIPE OF CHANGE.....	70
FOOD CHAIN.....	74
MAN IS A SUBJECT TO UPC.....	77
SPIRITS CONSUME LIFE ENERGY.....	79
SELF-PROTECTION.....	84
SWITCHING FROM ANGER TO JOY.....	87

LOVE.....	91
SYMBOLS OF LOVE.....	94
LOVE YOURSELF.....	95
THE MOST IMPORTANT MAN.....	102
IAM PROVIDES LIFE ENERGY.....	104
INNER JOY.....	106
Passive Practice of Inner Joy.....	106
Dynamic Practice of Inner Joy.....	109
MANTRA.....	111
THE MOST POWERFUL MANTRA.....	112
PROGRAMMING PEOPLE.....	114
GETTING RID OF BELIEFS.....	119
Exercise 1.....	120
Belief Exercise 2.....	121
CIVILIZATION CYCLES.....	123
TAKING CARE OF YOURSELF.....	125
MIND CARE.....	127
WSW SELF-ANALYSES.....	127
VISUALIZATION.....	131
ENLIGHTENMENT.....	138
CONTEMPLATION OF PASSIVENESS.....	142
INNER JOY BY SELF-EDUCATION.....	144
BODY CARE.....	148
REVITALIZATION, REGENERATION.....	148
BREATH EXERCISES.....	150
FALLING ON HEELS.....	152
VIBRATING BY RESONANT SOUND.....	153
ALTERNATE SHOWER.....	154
ENERGIZING EXERCISES.....	156
TREE EXERCISE.....	158
PHYSICAL EXERCISES.....	161
FULL BODY RELAXATION.....	162
CONSCIOUS EATING.....	164

BUILDING AND POWERING THE BODY.....174

DIGESTIVE TRACT.....174

BREATHING.....176

SKIN AND EYES.....177

sunscreen.....177

sunglasses.....178

MOVEMENT.....179

MIND.....180

STRUCTURE OF SEMINARS.....182

TO CONTINUE.....185